



## Young Peer Support Group

Take Off is running a peer-led group to support positive mental wellbeing. Are you going to school, college or uni and feeling worried and anxious? We can chat about home life, school life or anything that's bothering you. The session is a non-judgemental informal place where you lead the group and we can consistently support you through any difficulties that may come up in your life.

The group runs from the Take Off office on the second Monday of the month at 4.00-5.30pm.

For any further information, please feel free to get in contact using the details here or use the contact form on our website.



  
**Canterbury and Coastal  
Clinical Commissioning Group**

For 14-21's

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Designed and led by you

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Somewhere you can get  
support, advice and have  
fun

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100% service user led

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Free to attend

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Regular attendance  
welcome

Take Off  
34 Military Road,  
Canterbury  
CT1 1LT

Email:  
[office@takeoff.works](mailto:office@takeoff.works)

Tel: 01227 788 211

Website:  
[www.takeoff.works](http://www.takeoff.works)

Charity No. 1069836