



Bipolar Peer Support Group

Take Off is running a bipolar support group to support positive mental wellbeing. Our group offers a safe space to talk and socialise with others experiencing the same condition.

The group runs monthly on Tuesdays at the Canterbury Office.

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



A place of positivity

Somewhere you can
get support, advice
and have fun

Learn a new skill

100% service user led

Free to attend

Regular attendance
welcome

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