



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 age 16+

Designed and led by you

Somewhere you can get support, advice and have fun

100% service user led

Free to attend

Regular attendance welcome

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