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**Mental Health North Dorset Help and Peer Support**

**WINTER EVENTS**

NOVEMBER

10th Peer Support Group, RBL Club, Gillingham

14th Peer Support Group, Stour Connect, Stur. Newton

17th Peer Support Group, The King’s Arms, Shaftesbury

**19th Coffee Morning 10.30 am – 12 noon**

**Methodist Hall, Gillingham. Refreshments, Raffle, books, puzzles, hand made items for sale**

24th Peer Support Group, RBL Club, Gillingham

30th At Socially Connecting Shaftesbury, Town Hall.

December

1st Peer Support Group, RBL Hall, Shaftesbury

8TH Peer Support Group, RBL Club, Gillingham

12th Peer Support Group, Stour Connect, Stur. Newton

15th Peer Support Group, RBL Hall, Shaftesbury

**22nd Christmas Party**, RBL Club, Gillingham

**See website** [**mentalhealthnd.org**](http://www.mentalhealthnd.org) **or**

**Contact Amanda on** **mentalhealthshaft2520@gmail.com** **or 07749 062 327 for more details**