

# MIND WORKS SUPPORT GROUP

*Helping women cope with emotions and feelings*

**Mondays 6.30pm - 8.00pm  
at Bognor Regis Drop-in**

Sessions run:-  
9th January - 27th March 2017  
24th April to 10th July 2017

**Peer group co-facilitated with  
Coastal West Sussex Mind**

A friendly informal group with shared issues such as anxiety, depression, mood swings, PND, OCD and eating disorders.

Membership only.  
Please contact us to book your place.  
Donation of £2.00 per session



[www.mysistershouse.info](http://www.mysistershouse.info)

108c London Road, Bognor Regis PO21 1BD  
Tel: 01243 697800

Arun and Chichester Women's Centre  
*'Inspiring women to live their potential'*

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