

# 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'*