

**Mid Kent Mind Live Well Offering – Ashford, Faversham and Canterbury  
Community Groups - January 2022 – June 2022**



**Pink Groups = Virtual | Purple Groups = Face to Face at Ashford Live Well Centre**

Personality Disorder Peer Support Group (Ashford)  Fourth Tuesday of every month	25/01/22	22/02/22	22/03/22	26/04/22	24/05/22	28/06/22
Personality Disorder Peer Support Group (Canterbury & Faversham)  Second Tuesday of every month	11/01/22	08/02/22	08/03/22	12/04/22	10/05/22	14/06/22
Bi-Polar Peer Support Group (Ashford)  Third Tuesday of every month	18/01/22	15/02/22	15/03/22	19/04/22	17/05/22	21/06/22
Bi-Polar Peer Support Group (Canterbury & Faversham)  First Tuesday of every month	01/02/22	01/03/22	05/04/22	03/05/22	07/06/22	05/07/22