

**Mid Kent Mind Live Well Offering – Maidstone Community Groups**  
**October 2021 – March 2022**



**Pink Groups = Virtual | Purple Groups = Face to Face**

<b>Bi Polar Peer Support Group</b> (Maidstone)  <b>Second Thursday of every</b> <b>month</b>	11/11/21	09/12/21	13/01/22	10/02/22	10/03/22	14/04/22
<b>Bi-Polar Peer Support Group</b> (Maidstone)  <b>Fourth Thursday of every</b> <b>month</b>	25/11/21	23/12/21	27/01/22	24/02/22	24/03/22	28/04/22
<b>Bi-Polar Peer Support Group</b> (West Kent)  <b>Third Thursday of</b> <b>every month</b>	18/11/21	16/12/21	20/01/22	17/02/22	17/03/22	21/04/22