



**“People
start to heal
the moment
they feel
heard”**

Cheryl Richardson

CRAVEN

**Peer support groups for
anyone living with depression**

**Come along and join us –
a friendly, confidential space where
you can talk and feel supported
(followed by refreshments)**

**Facing
Depression
Together**

PeerTalk

Find out more at:

-  07719 562 617
-  peertalk.org.uk
-  @peer_talk
-  @peertalk1
-  [enquiries@
peertalk.org.uk](mailto:enquiries@peertalk.org.uk)

**EVERY MONDAY
7.30pm – 9.00pm**

**The Hub
Skipton Town Hall
High Street
Skipton BD23 1AH**

**EVERY TUESDAY
7.30pm – 9.00pm**

**The Folly
Victoria Street
Settle
BD24 9EY**