



PeerTalk is a national charity that hosts volunteer facilitated peer support groups for people who struggle with depression, anxiety and similar emotional distress.

PeerTalk in Settle is restarting this Autumn and we are looking for new volunteer group Facilitators

PeerTalk Facilitators do not give advice, offer counsel or opinions. The role is specific to facilitating the group to function well by way of using skills such as listening and reflecting. The prime purpose of the group is for those who attend the meetings to offer each other support, encouragement and share coping techniques. PeerTalk provides initial training for their Facilitators and then regular ongoing support.

Come along to an 'Awareness' event @ St John's Methodist Church

Church St, Settle BD24 9JH

on Thursday 19th August at 11.00 a.m.

to find out more about PeerTalk, the role of the Volunteer Facilitators
and the issues that surround the causes of emotional distress.