



LOTTERY FUNDED

# PEER TO PEER

## THE ROUGH GUIDE TO BEING WELL

Over a 10 week course our Peer to Peer team will give you a complete overview of the steps needed to gain and maintain better wellbeing. Delivered by people who have direct experience of how to stay well, this course is for anyone with problems such as anxiety, depression who wants to discover and develop ideas around greater wellness as part of a supportive peer group.

**For more information or to book a place contact:  
[peertopeer@selfhelpservices.org.uk](mailto:peertopeer@selfhelpservices.org.uk) or  
call 0161 226 3871**

**The Peer to Peer service has been funded by The  
Big Lottery Reaching Communities Programme**

Thursdays from 6pm-7.45pm  
starting 17th January 2019  
at Kath Locke Centre, Moss Lane East,  
Hulme, Manchester, M15 5DD

[www.selfhelpservices.org.uk](http://www.selfhelpservices.org.uk)

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helping people to help themselves

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