

ARE YOU LOOKING FOR CARER'S SUPPORT GROUP?



Join us on Mondays from 10 to 11 am, starting in September the 15th 2025, at Number 9 Ground floor, for a psycho-educational group. This group therapy focuses on addressing challenges while enhancing coping strategies among individuals with similar struggles. It emphasizes recognizing personal strengths and resources to promote long-term health and wellness.

Booking required on:

- 07519588576
- khadidja@manorgardenscentre.org


**6-9 Manor Gardens N7
6LA**