This Week at Re:Minds

16th – 20th November

Drop in

10am–12pm · Monday 16th November

Northam Support Group

These meetings are an opportunity to chat with other families in similar situations over a cuppa! Everyone is welcome to attend and all meetings are free of charge. It is a good place to ask for advice about anything that is worrying you, with the group or on a 1:1 basis. There is never any pressure to talk, it's fine to just sit and listen.

Held at Northam Community Centre, Kent Street, Northam, Southampton, SO14 5SP

No booking needed - just drop in

Please check our Facebook events page for any changes, or visit our website to find out more information about our advice clinics and support groups.

reminds.org.uk /groups/reminds info@reminds.org.uk

With thanks to

NHS Hampshire and Isle of Wight

CAMHS Child and Adolescent Mental Health Services

Shentons Solicitors