

A volunteer Rethink  
Mental Illness peer  
support group



# Canterbury & Coastal Rethink Carers Group

**For people who care for  
someone affected by mental  
ill health.**

**Every Third Tuesday  
7:30pm - 9pm**

Our group aims to help carers  
and their partners, relatives and  
friends with a wide range of  
mental health challenges,  
including accessing the  
information they need.

We offer a safe environment  
where people feel at ease.

## **How to find us**

St Stephens Community  
Centre  
Hales Place, Canterbury  
Kent, CT2 7BN

To join our sessions  
email

**[ccgroup@rethink.org](mailto:ccgroup@rethink.org)**  
or text **07498 930 475**

For further information on  
Rethink Mental Illness  
Phone: **0300 5000 927**  
Email: **[info@rethink.org](mailto:info@rethink.org)**

**rethink.org**

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