



# CONNECT

## Together We Can

**Days:** Wednesdays

**Times:** 4-5.30pm

**Location:** Online



In this group, we are going to encourage each other to get those jobs done!

Whatever is on your To Do List bring it along (with a cup of tea) and get tips from your peers on the best way to achieve what you want, as you are doing it!

From sorting your bills/benefits, decluttering, craft projects, homework from another group or a course you are doing, DIY, selfcare/glow ups, housework, journaling, planning, creative writing, gardening, shopping lists and so much more... Please register and book your place online.



[mindinbexley.org.uk/recovery/](https://mindinbexley.org.uk/recovery/)

