



## Befriending Zoom Group

Every Tuesday

Time: 10.30am - 12.00pm

For friendly supportive chats and information.

Please copy the link or we can email it to you

Join Zoom Meeting

[https://us02web.zoom.us/j/86277019402?  
pwd=emRWZitlYnBnWGJlengrb2lnM0VVZz09](https://us02web.zoom.us/j/86277019402?pwd=emRWZitlYnBnWGJlengrb2lnM0VVZz09)

Meeting ID: 862 7701 9402

Passcode: 561442



For further information please contact Tracy Thomas on

01685 881113 or email [info@newhorizons-mentalhealth.co.uk](mailto:info@newhorizons-mentalhealth.co.uk)

New Horizons - Charity No: 1153115 Mental Health Matters Charity No: 1123842