



LET'S TALK ABOUT MENTAL HEALTH

JOIN US AT OUR PEER-LED SUPPORT GROUP FOR YOUNG ADULTS (AGED 18 TO 25)
LIVING WITH ANXIETY AND DEPRESSION

Mission of the support group:

- To provide a peer-supported environment for those who live with mental health illnesses such as anxiety and depression.
- To provide a community for young people living with anxiety and depression.
- To provide a safe environment for people to share their experiences with living with anxiety and depression and its impact on their lives.

SUPPORT GROUP RESUMES SATURDAY JULY 13TH
3:00PM-4:30PM GEORGE TOWN TOWN HALL



Facilitator: Shane Purcell

Shane Purcell is a trained facilitator who has previously worked with the Irish mental health support group 'Aware'. He has facilitated support and self-care groups in St. James hospital in Ireland, and is excited about using his extensive experience to facilitate this peer-led support group in Cayman.

Contact info@alexpantonfoundation.ky with any questions.

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