



Peers2Pals

**Friends
in need** East Berkshire
Bracknell, Slough
Windsor, Ascot &
Maidenhead

A peer support group bringing 17-25 year olds together to improve mental wellbeing and build social connections.

Peers2Pals is a friendly and welcoming peer-to-peer social support community where young people can connect and take part in activities to help improve their wellbeing.

Our uplifting, fun and free of charge activities provide the opportunity to socialise and share experiences in a non-judgemental and completely confidential setting.

Our activities are based on the Five Ways to Wellbeing:
to connect, be active, to take notice, to learn, to give.

We have a mixture of virtual and face-to-face activities for members to get involved in.

If you would like more information or to join the group, please contact:
Ansa Khan, Team Lead, on 07496 874882 or email ansa.khan@bucksmind.org.uk

 **mind** in Berkshire

 **mind** Buckinghamshire