



**Dewis Centre for Independent Living**

**Canolfan Byw Annibynnol**

Supporting the independent lifestyle of disabled people in Wales

# 'LET'S TALK'

## PEER SUPPORT GROUPS

Groups for people experiencing mental health problems and their carers

Tea and cake provided

Come along to chat, make friends and learn new things



Once monthly groups held at:  
Caldicot Library, Remploy Newport,  
Tai Calon Community Housing Blaina,

Blackwood Asda Community Room and Pontypool Carers Centre

To find out more please contact us:

**Telephone: 01633 288 440**

**E-mail: [laura.les@dewiscil.org.uk](mailto:laura.les@dewiscil.org.uk)**

**Website: [www.dewiscil.org.uk/advocacy](http://www.dewiscil.org.uk/advocacy)**

Dewis CIL is a registered charity and company limited by guarantee. We are a user-led organisation delivering services across Wales to support control, choice and independence for disabled people and carers. This service is funded by Aneurin Bevan University Health Board. Charity no: 1098229  
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