



UNUSUAL EXPERIENCES GROUP

A fortnightly drop in peer support group based in Newcastle for those who have experienced any of:

- Hearing, seeing or sensing things others cannot;
- Unusual beliefs;
- Paranoia

Come together in a non-judgemental space to:

Support one another;

Talk about experiences;

Share understanding and knowledge;

Discuss approaches to living well.

1pm to 4pm every other Thursday

For more details, ring **0191 2330382** or email
launchpadncl@aol.com