

FEELING ISOLATED?

You are not alone.

Connect with like-minded people in a social setting

Anyone can experience mental health challenges regardless of age, gender, race or social background.

Our recovery programmes, based at venues in Wrexham and Flintshire, are designed to empower you to recognise and develop your strengths and abilities, supporting you to improve your wellbeing through activity and engagement.



KNOWLEDGE • INSPIRATION • MOTIVATION GWYBODAETH • YSBRYDOLIAETH • CYMHELLIANT

AWARD-WINNING MENTAL HEALTH SUPPORT IN THE COMMUNITY

Take a look at what we offer by calling or visiting our website

01352 872189 www.kim-inspire.org.uk



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