

KINTSUGI HOPE

Through a 12 week programme, Kintsugi Hope Groups work in communities through the local church as a support for those needing help with mental health. Group and individual activities are designed to help participants to accept themselves, to understand their value and worth, and grow towards a more resilient and hopeful future.

We are planning to start running a course at Holy Trinity Church in the near future.

Could you get involved by training to be a group leader, helping to facilitate sessions or an extra pair of hands to brew up and help with activities?

CONTACT

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