



Individual support and goal setting

Physical wellbeing classes and activities

Self-development courses

Interest groups

Self-help and peer support groups

Social cafés and community groups

Volunteering opportunities

Online support



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Community Connections has helped build my confidence



We accept self-referrals, GP and other organisation referrals

For working age adults (16+) who would like to improve their mental health and wellbeing



Community Connections is delivered by 3 main providers across Surrey. We offer a range of support, reactive to local need. To find your closest provider, please visit our website:

WWW.COMMUNITYCONNECTIONSSURREY.COM

