



# *Ships* Rethink Mental Illness Support Group.

*Ships* is a Peer Support Group that is a safe and welcoming place to talk about your issues and share experiences.

The group meets **every Friday** at

The Wellbeing Room  
BLKM Mind  
2nd Floor  
Margaret Powel House  
Midsummer Boulevard  
Central Milton Keynes

From **12:15 to 2:15**

The facilitators. Mark and Tania are usually in the ground floor cafe area to meet people from about 12:00

Otherwise, let reception staff know where you are going (BLMK Mind) and they will direct you upstairs .

There is lift and stair access to the second floor where BLMK Mind staff, at their reception, can give you directions to the Wellbeing Room—It is also signposted.

You can contact the group or leave a message on  
07856 721105

# Central Locations for meetings / activities / workshops

