

JOIN OUR NEW

# Open Book

GROUP



NEW

24TH JANUARY, 14TH FEBRUARY, 7TH & 28TH MARCH

10.30AM - 12 NOON

AT ASHBY LIBRARY, NORTH ST, LE65 1HU, ASHBY



Safe and confidential space to explore your feelings within an accepting, nurturing and supportive group setting.



Source of support to realise you are not alone with your problems.



Discover your strengths as you find ways to help, as well as be helped, by others.



Learn from the number of different perspectives and personal experiences available within the group.



Discover a more positive, greater awareness of yourself & others developed through group interaction.

For more information call 01530 832926  
or email [hello@enrych.org.uk](mailto:hello@enrych.org.uk)

[www.enrych.org.uk](http://www.enrych.org.uk)



NHS  
CHARITIES  
TOGETHER



NHS  
East Midlands Ambulance Service  
NHS Trust



Enrych has been supported by NHS Charities Together through your local NHS Charities, Leicester Hospitals Charity, Raising Health (Leicestershire Partnership NHS Trust) and the East Midlands Ambulance Charitable Fund.