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**Themes:** Advocacy, , Bereavement and Grief, , , , Mental Health

**Aimed at:** All People

We are painfully aware that living with chronic illness can sometimes mean you are not able to leave the house, making an online support group ideal. Currently based on Facebook, CISFA provides a safe community environment run by an experienced support team. One-on-one support is given via messenger along with peer support by the other wonderful members.

We hope to see you there!

For those able and more socially inclined we set up peer led support groups. These are conducted both in cafes and more formal settings to provide a range of environments to suit everyone.

With occasional guest speakers and individual talking therapy sessions available.

**Area:** Bassetlaw, Bolsover

### **Contact Details**

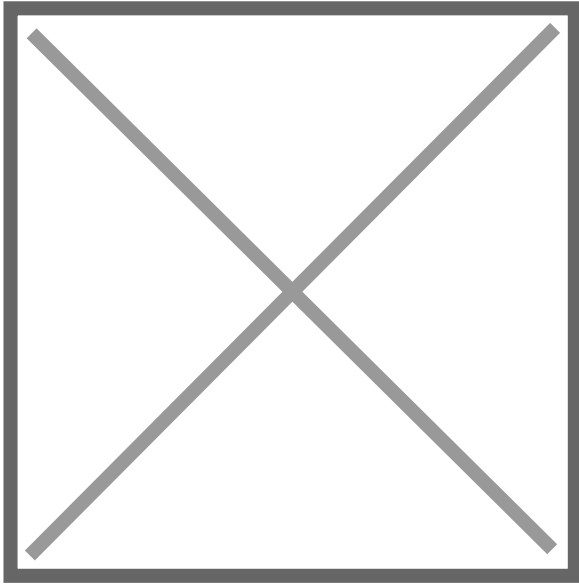
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SK9 2GD

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