



**Fife Employment
Access Trust**

JOURNEY TO WORK

YOU'RE INVITED TO

'THE WEE BLETHER'

EVERY TUESDAY 1:30PM - 3:00PM
ON ZOOM, CHECK FACEBOOK OR
OUR WEBSITE FOR THE LINK

What is it?

- Peer led recovery conversation for people with lived experience of mental health difficulties
- Relaxed, Friendly and Fun
- Safe environment
- Opportunity to share experience and coping strategies you have developed.

How?

Uses the CHIME framework to support recovery

- Connections
- Hope
- Identity
- Meaning
- Empowerment

There is also an opportunity for 1-2-1 sessions with a Peer Support Volunteer.



For more information or to join
click on one of the icons

