



GROUP FOR ANYONE WITH MENTAL HEALTH DIFFICULTIES

MEETS 1ST THURSDAY OF EVERY MONTH

1st Nov, 6th Dec, 3rd Jan, 7th Feb, 7th March, 6th April

FREE 2PM - 4PM, DROP IN FREE

REFRESHMENTS

**At HOPE, Units 4-6, Plot 25c Longmead Industrial Estate
Shaftesbury SP7 8PL**

CONTACT AMANDA FOR MORE INFO on 07749 062 327