

# Wellbeing Café event

Wednesday 18<sup>th</sup> May

10am- 12pm



Join us for coffee & cake, tea & biscuits

meet other service users, find out what we offer and how engaging in activities can have a positive effect on mental health & wellbeing by enabling you to meet new people in a supportive & friendly environment, learn new skills or try something new

interested ? contact Claire Lawrence 01225 354660 [clairel@julianhouse.org.uk](mailto:clairel@julianhouse.org.uk)

**MENTAL HEALTH AWARENESS WEEK**