

Worry Tree Café

Are you suffering from....

Mental Health Challenges?

depression ?

anxiety ?

grief ?



Perhaps this will help?

Each Friday 4.30 – 6.30 pm,

The Day Care Centre, Mills Meadow.

Why not Drop in for support, Comfort and a cuppa!

Opportunities to talk to like-minded people, Practitioners, and explore options for support in your Local Community.



HOURLY
COMMUNITY

(Charity Reg. No.1167837)

Contact: Amelia Mitchell 07960 193520