

# Promoting mental wellbeing...



## ...in a relaxed atmosphere

### Join us at our Women's Group

A friendly, informal group, for social time in a comfortable atmosphere

Food and beverages available to purchase

Age 25+ welcome

Where: The William Adams, Gorleston High Street NR31 6RG

When: Monday 12<sup>th</sup> August, 2<sup>nd</sup> September, 23<sup>rd</sup> September, 14<sup>th</sup> October,  
4<sup>th</sup> November, 25<sup>th</sup> November, 16<sup>th</sup> December 2019



Time: 11.00am-1.00pm

Norfolk and Waveney Mind  
Great Yarmouth Office  
28-31 Deneside  
Great Yarmouth  
NR30 3AX

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