

# Abergavenny Mental Health Wellbeing & Peer Support Group

at

45b Cross Street, Abergavenny, NP7 5ER

Wednesdays at 1.30 - 3.30pm

Weekly from 4 April to 23 May 2018

The group will re-start 13 June 2018

For more information

Call 01873 858275 or text 07950 889145

relax

explore

chat

support

topics

friendship

coffee



tea

mental health

wellbeing

cake