

Caldicot Mental Health Wellbeing & Peer Support Group

at

Caldicot Town Council Office, Sandy Lane, Caldicot NP26 4NA

Wednesdays at 10:00am - 11:30am on

8th, 22nd, 29th August 2018

12th and 26th September 2018

10th, 24th, 31st October 2018

14th and 28th November 2018

12th December

(Please call us for further dates and information)

For more information

call 01873 858275 or text 07950 889145

explore

relax

chat

support

topics

friendship

coffee

tea

mental health



wellbeing

cake