

Monmouth Mental Health Wellbeing & Peer Support Group

at

Ty Price Community Hall Monmouth NP25 5ES

Wednesdays at 10:00 - 11:30am

1st and 15th August 2018

05th and 19th September 2018

3rd and 17th October 2018

7th and 21st November 2018

5th and 19th December 2018

(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