

# Monmouth Mental Health Wellbeing & Peer Support Group

at

Ty Price Community Hall Monmouth NP25 5ES

Wednesdays at 10:00 - 11:30am

15th and 30th May 2018

6th June 2018

4th and 18th July 2018

1st and 15th August 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