

# Caldicot Mental Health Wellbeing & Peer Support Group

Come and join us, no need to register - just turn up  
at

Caldicot Town Council Office, Sandy Lane, Caldicot  
NP25 4NA

Wednesdays at 10:00 - 11:30am

9 January and 30 January 2019

13 February and 27 February 2019

13 March and 27 March 2019

Please call us for further dates and information

Call 01873 858275 or text 07950 889201

relax explore chat support

topics friendship coffee

tea health

wellbeing cake

