

Monmouth Mental Health Wellbeing & Peer Support Group

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

Monmouth Library, White Cross Street, Monmouth,
NP25 3BY

Wednesdays at 10:00 - 11:30am

15 January and 23 January 2019

6 February and 20 February 2019

6 March and 20 March 2019

Please call us for further dates or information

Call 01873 858275 or text 07950 889201



relax explore chat support

topics friendship

coffee



tea health

wellbeing

cake