



2019 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

March 13th and 27th

April 10th and 24th

May 8th and 22nd

June 12th and 26th

July 10th and 24th

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

