

# 2019 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

March 6th and 20th

April 3rd and 17th

May 1st, 15th and 29th

June 5th and 19th

July 3rd and 17th

(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