

## WELLBEING DROP IN SESSION THE FRONT ROOM



23rd SEPT 2025 9:30 11:30 AM

We are hosting a drop in session for you to connect with our Social Prescriber & Mental Health Nurse in an informal environment. Come and say hello, meet the team, have a bru and a chat with no need to book. Self-help therapy resources and general advice available in a friendly and relaxed space. Self referrals can be made if you feel you would like further one to one support.

We look forward to meeting you there!



