

# WELLBEING & FORUM GROUP

As a talking and activity group we'll explore themes such as self-esteem, managing anxiety and depression, stress and using services. You will shape the group- discussions and activities depending on what you would like to do and talk about.

We meet at The Community Room 19, The Bayle

The group runs on Tuesdays at 1pm

For any further information, please feel free to get in contact using the details here or use the contact form on our website.

You're welcome to drop-in

Get support, advice and have fun

Help to shape services

FREE to  
attend

