

Community Health and Wellbeing Café

part of The Cultural Advocacy Project

Let's Talk!



At The SHELL 2 Centre

Boundary Road (side of Fielding House) NW8 0HS

Every Thursday from 27th February 2020

10:30am to 12.30 p.m.

All welcome

Come and join us at our new health and wellbeing café

Share/listen to experiences in a friendly and welcoming group

Reconnect with friends, make new ones and try new activities

Receive training in mental health support

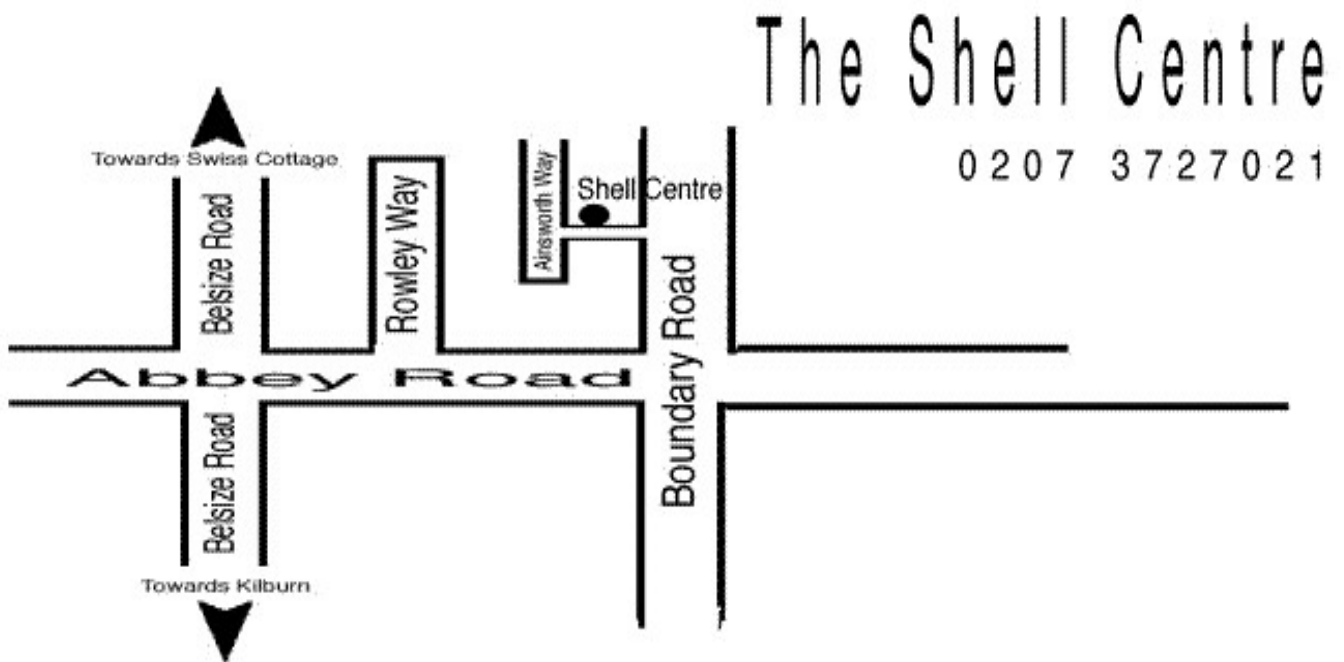
Refreshments will be provided

For more information

Call: 0207 372 7021 or Email: antoinette@shakonline.co.uk

SHELL CENTRE 2

Boundary Road (side of Fielding House) NW8 0HS



Train stations: South Hampstead, Kilburn Park, Swiss Cottage.

Buses: 31, 139 & 189.