

Coffee Afternoon



REACH OUT
For Mental Health

FOR THOSE WHO ARE STRUGGLING

If you are finding life a bit tough, come along to one of our coffee afternoons for a chat, some support, understanding and reassurance from our trained volunteers and others feeling a bit low

Every Thursday 1-3pm

We are at

The Chapel, North Road, Westcliff, SS0 7AH

Call or text to book 07898 220384

