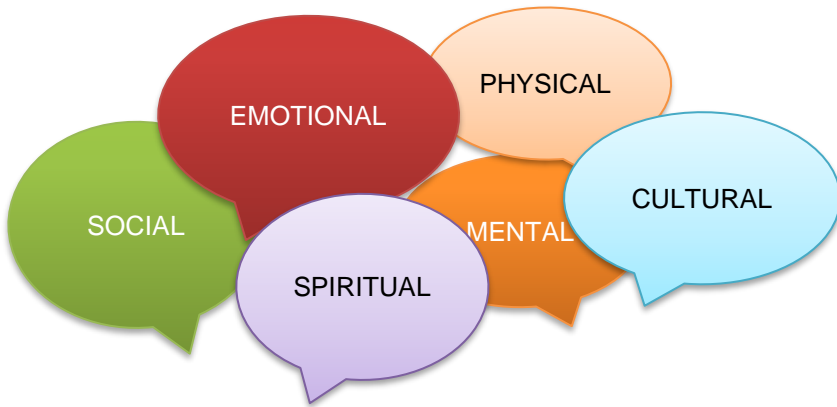




Lewisham Multilingual Advice Service

BETTER MENTAL HEALTH AND WELLBEING SUPPORT PROJECT



Focus Group

Join us for our monthly focus group sessions. We provide a safe space for you to connect with others and share your ideas to improve mental health and wellbeing.

Where? Leamore Community Hub, Bonfield Road, Lewisham SE13 5EU

When? Thursday 25th August, 2022
Thursday 22nd September, 2022
Thursday 20th October, 2022
Thursday 24th November, 2022
Thursday 15th December, 2022

Time? 11:30am to 1:00pm



To book a place and find out more information, contact:

Freephone 0800 231 5453, then press 1 as soon as you hear the word "English" or call 020 8314 5777

admin@lmlas.co.uk

