



A place to... Break routine & support your wellbeing

Free Wellbeing Group

A place to meet new people and try something new including:

Arts and crafts, outdoor activities, benefit advice, managing your money on a budget and much more!

Refreshments provided

Free wellbeing gift at 1st session

It's your group and we will work with you to design each session to suit your needs!

**Tuesday 5th November to
10th December**

**Meadowfield Children Centre
9:15am – 11:15am**

For more information and to book a place call or text Syretta on 07519387417



**Making Leeds a better
place for everyone.**