

Welcome to your local **Wellbeing Café**

**Rethink
Mental
Illness**



Drop-in and say hello!

Trowbridge

Wiltshire Wellbeing Cafés provide a warm welcome for anyone feeling isolated, lonely or anxious about meeting others. If you are interested in happiness, wellbeing, sharing information and meeting others then come and join us!



**Every Wednesday
(12:00 to 1:30pm)**



**Valeroso Lounge
St Stephens Place
BA14 8AH**



rethink.org/wiltshirewellbeingcafes



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