

# SUPPORT YOUR WELLBEING.

## WE ARE NEWHAM.



Join us at North Woolwich Wellbeing Café on the third Tuesday of every month, 11 - 12pm.

This is an open and safe space to gain tools and skills to support your mental health and wellbeing.

16 May	Talking Therapies: Building Confidence
20 Jun	Day trip with DLR
18 Jul	Talking Therapies: Improving sleep
15 Aug	Gardening for Wellbeing
19 Sep	Talking Therapies: Dealing with chronic pain
17 Oct	Our Money Newham: Savings and budgeting
21 Nov	Talking Therapies: Food and mood
19 Dec	Christmas party



These sessions are run in partnership with Newham Talking Therapies and Newham Council, and supported by DLR and Royal Docks Learning and Activity Centre.

For more information, please see [Eventbrite](#) or scan the QR code

### #wellbeingcafe

If you would like more information, please email [cn.becktonroyaldocks@newham.gov.uk](mailto:cn.becktonroyaldocks@newham.gov.uk) or call 020 3373 0843.