

Part of the SYHA Positive
Activities project

(space to
breathe)

Space to Breathe

**MENTAL HEALTH AND
WELLBEING DROP-IN**

WEDNESDAYS 3.30-5PM

**AT SCOTIA WORKS,
LEADMILL ROAD**

Life can be challenging

**Come and join like-minded
people to talk through our
wellbeing, the challenges we
face and how to overcome
them...**

**Just come along, email
info@spacetobreatheuk.com
or use the QR Code**

