

SOCIAL & EMOTIONAL WELLBEING GROUP



Thursdays | 12pm - 2pm

Alternating between

21 Scott St Heywood & 39 Hammond St Hamilton

If you're struggling with mental health or worried about relapsing, our weekly SEWB group is a safe space to come yarn, have a feed and connect with workers and community members.

👉 Smoking Ceremony

👉 Yarn

👉 Food

👉 Activities

NEXT DATES

Feb 19 | Hamilton

Mar 5 | Hamilton

Feb 26 | Heywood

Mar 12 | Heywood

If you need a lift, let us know

CONTACTS

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