

Weekly **MENTAL HEALTH** Drop-in Sessions

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Kirkgate Art & Heritage Centre 1:30pm – 4pm Cockermouth	Seascale Library 1:30pm – 4pm Seascale	Greenbank Community Centre 5pm – 7:30pm Whitehaven	Workington Town Council Community Centre (next to Vulcans Park) 2pm – 4:30pm Workington	Skills4You building 11:30am – 2pm Cleator Moor

We also have **ONE-TO-ONE** appointments available every day either by telephone or face-to-face.

Venues are subject to change

**CUMBRIA
SAFE
HAVEN**

You can find out more about the services we provide at **CUMBRIA SAFE HAVEN** by contacting:

0330 008 3911

communitysafehavens@richmondfellowship.org.uk

 /RF Cumbria Community Havens

**RICHMOND
FELLOWSHIP** 
MAKING RECOVERY REALITY

  @rfmentalhealth