



# Safe Place to Talk

A SAFE AND CONFIDENTIAL PLACE TO TALK ABOUT HOW WE ARE. A SPACE TO SHARE TIPS FOR COPING WITH ANNIVERSARIES, ANXIETY AND LOW MOOD.

**Friday 11th June, 12-1pm and Friday 18th June, 12-1pm**

To sign up you can call on 020 8637 6279 or email [grenfell.wellbeingservice@nhs.net](mailto:grenfell.wellbeingservice@nhs.net)

