

Groups will start on **Thursday 6th July, 2-4pm** and will run every Thursday thereafter for 8 consecutive weeks.

Coffee & Cake



Parc Menai, Bangor

These informal drop-in sessions provide a safe space to come meet other survivors, have time for a chat and unwind. It can be a place to share cooking tips, recipes, DIY hacks, exercise routines, recommended reads, the latest 'must watch' and more.

It is not a counselling session.

Sessions will be held in English.

Join us on **Thursday 6th July at 2pm**

If you'd like more information or would like to attend, please register your interest by e-mailing

info@rasawales.org.uk or call 01248 670628