



WELCOME CAFE

Recovering from mental
ill health &/or substance
misuse?

Manningtree: Foundry
Court, Colchester Road,
CO11 1EJ

Thursdays: 11-12pm

You're invited to our Welcome Café to meet others, share your experiences, access information on support available to you and help encourage each other over a tea or coffee.

Call: 07711917893

Visit our website: www.futuresinmind.org.uk

Email: enquiries@futuresinmind.org.uk