



Mental Health and Wellbeing Drop In Session

Come and spend time in the peaceful surroundings of the garden and meet local mental health services:

- The MAST Mental Health Social Prescribing Link Worker
- CLEAR -meditation session
- Wellness Service - project empowerment and my wellbeing
- MAST Health and Wellbeing Coach - links between physical and mental health

**Visit: The MAST Jubilee Garden,
HD8 9DA.**

**Next to Skelmanthorpe Family
Doctors**

- **Drop in between 10:00 - 14:00**
- **Tuesday 6th August**