

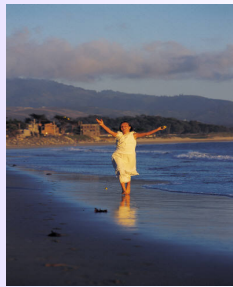


HUBB

Monthly Wellbeing Groups

Do you want to enhance your
mental well being?

Would you like to learn some
self-help tips?



BARKING & DAGENHAM

First Wednesday of each month

5pm– 7pm

Porters Avenue Health centre
Ground Floor, 234 Porters Avenue
Dagenham, Essex RM8 2AW

HAVERING

First Friday of each month

10 am — 12 pm

Petersfield Centre
Petersfield Avenue, Harold Hill



**For more information contact
LYNN or ROB at HUBB**

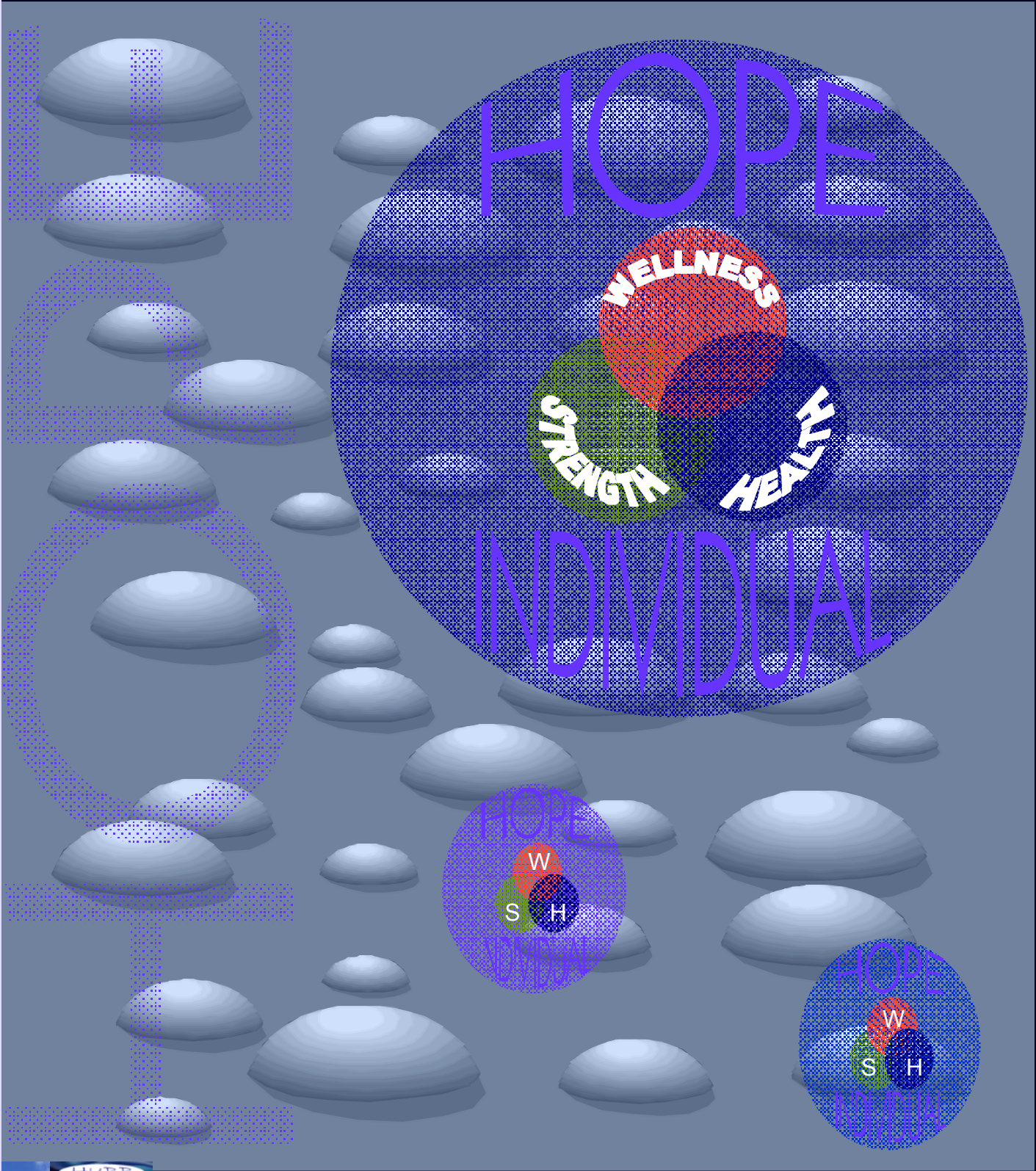
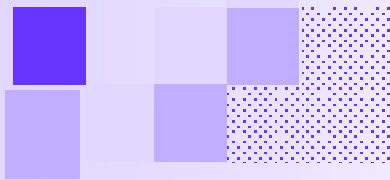
020 8590 2498



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HUBB is a registered Charity Reg. No. 1054860. Company Limited by Guarantee Reg. No. 3419825



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