



Young Adults Social Club

For young people aged 18-25 recovering from mental health difficulties

Come along, socialise and have fun with like-minded individuals doing a range of activities. From having a chat in a local coffee shop to picnicking in the park, there will be something for all to enjoy.

We welcome everyone and would love to meet you.

We meet every Monday from 2:30pm – 4:30pm in Aylesbury.
Starting on 7th January 2019.

Come and join us!

Contact Thea for more information.

07810 853835 Thea.brady@oxfordhealth.nhs.uk

