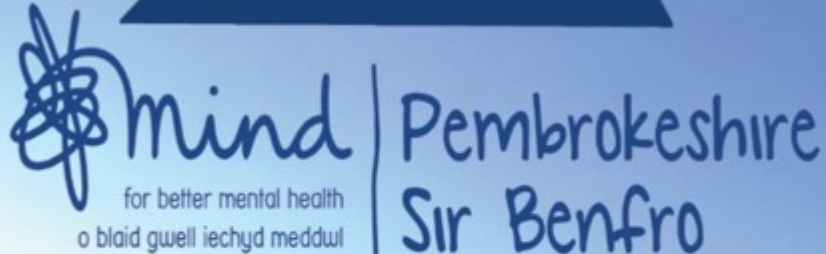


IMPORTANT UPDATE!



Our drop-in is closed for now.

We operate a very busy centre and the guidance is telling us that to continue to open is not in the best interests of our community's wellbeing.

So here's what we'll be doing instead:

- A fab team member will be at our **BRAND NEW FACEBOOK GROUP** weekdays 10-1. This group will be purely social so please 'join us for a cuppa' and chat here :)
- Experiencing heightened Anxiety or Depression? The lovely Josie will be offering **1:1 MENTAL HEALTH TELEPHONE APPOINTMENTS** weekdays supporting your mental health. Give her a call on 07496 974 388 :)
- We will be exploring other ways to support you virtually so please **FOLLOW US HERE** for all the latest Mind Pembrokehire updates
- Our contact details remain the same 01437 769982 and hello@mindpembrokehire.org.uk for general queries :)
- Do share with anyone you think might benefit, whether they're already a part of the family or not – **WE'RE HERE FOR EVERYONE!**

Sending health, wellness and positive vibes to you all,

See you soon! :)