



Let's talk about Mental Health

Managing Sleep

Join us for a group to connect and explore practical tips to look after your wellbeing

When:

Wednesday 25th May 2022

1.00pm-2.30pm

Tower Hamlets residents over 18yrs

Where?

IN PERSON:

Bromley By Centre

St Leonard's St, London E3 3BT

Please arrive 5 mins early

**To sign up to attend in person
please call**

07435734048

or email

amy.jones@bbbc.org.uk

We will be unable to deliver the session in person if we do not have enough sign ups, so please ensure you call us so we can keep you updated about the session.

Tower Hamlets Talking Therapies

Making a positive difference through Talking Therapies



TOWER HAMLETS

NHS

East London
NHS Foundation Trust



**Bromley
by Bow
Centre**

We hope you can make it!

