

# Are you struggling with your mental health and finding it difficult to cope?

Come along to our Recovery Cafés in TOOTING and WIMBLEDON for a safe and supportive space.

There's no need for an appointment, just turn up and you'll be met by a listening ear, and benefit from companionship and from engaging in therapeutic support.

- **Group activities**
- **One-to-one support**
- **Chill out space**
- **Advice, information & signposting**
- **Hot meals and drinks**
- **Drop in from local mental health teams**



**Opening 7th April, 2017**

## **Tooting Recovery Café**

966 Garratt Lane

London SW17 0ND

RecoveryCafe@hestia.org

07794 394 920



## **Sunshine Recovery Café**

296a Kingston Rd

London SW20 8LX

info@sunshinerecoverycafe.org

07908 436 617



## **Opening Hours:**

6pm - 11pm  
(Mon - Fri)

12noon - 11pm  
(weekends & bank holidays)