



**OPEN**  
Tuesday  
10am-4pm

**Healthy Food**

# Café

**for Body & Mind**

**You can find our cafe at:  
Billingham Community Centre  
The Causeway, Billingham, TS23 2DA.**



**This cafe has been funded by the Skills Funding Agency to support recovery from mild to moderate mental health.**

**The aim of the cafe is to provide a friendly, welcoming place for those in recovery to feel socially included and engage with others with similar experiences as well the local community. Opportunity for work experience will also be available.**

**To complement the cafe, a programme of workshops will be available for those referred including:**

- **Art and Craft**
- **Yoga relaxation**
- **Cookery**
- **Photography**

**Opportunities to be involved in planning activity will be provided through a steering group.**

