

Weekly Schedule

MONDAY	10:00 - 12:00
TUESDAY	10:00 - 12:00
WEDNESDAY	10:00 - 12:00
THURSDAY	10:00 - 12:00
FRIDAY	10:00 - 12:00
SATURDAY	10:00 - 12:00
SUNDAY	CLOSED

MENTAL HEALTH CLINIC

MENTAL HEALTH DROP-IN
CLINIC IS OPEN TUESDAY AND
THURSDAY FROM 10:00 - 12:00

NOTES

CLOSED ON BANK HOLIDAYS

MORNINGS ARE OPERATED
AS A SIT-DOWN SERVICE

YOGA & EXERCISE IS OFFERED
EACH TUESDAY AT 13:00

HELP HUB FOR ADVICE AND
SUPPORT. FIRST WEDNESDAY OF
EACH MONTH



79A Tottenham Court Road, W1T 4TD