



Calm Cafe



Telford & Wrekin
COUNCIL

Are you looking for emotional or mental health support in the evening? Are you feeling isolated? Do you need a safe place? Do you need someone to listen?

Our Calm Cafe's offer people living in Telford & Wrekin who require support with their emotional and mental health a space to meet like minded people and gain support from trained staff.

The Hub On the Hill café:

Monday
6-9pm

103 Southgate,
Sutton Hill,
TF7 4HG

Meeting Point House café:

Tuesday and Thursday
6-9pm

Southwater Square,
TF3 4HS

Madeley Wellbeing café (TWCVS) is on:

Wednesday
6-9pm

32, High Street, TF7 5AR

You can access the cafe's on a drop in basis but if you require any further information then please contact: 07434 869248 or email talk2@telford-mind.co.uk

