



The Association for Pastoral Care in Mental Health  
[www.apcmhcroydon.co.uk](http://www.apcmhcroydon.co.uk)

# Women's Group

## Drop-in Club

Every Tuesday 12 - 2 pm

The Women's Group provides a **safe** and friendly place for anyone recovering from **mental health issues**. Come along and **enjoy** a **chat**, refreshments and a light lunch. You can also take part in craft activities with other members.

## All Welcome!

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St Mildred's Community Centre, Bingham Road, Addiscombe, CR0 7EB.

# How to find us



The nearest tram stop is Addiscombe.

Buses 130, 367 and 289 stop at the end of Bingham Road and St Mildred's is a short walk.

**The group is held in the Small Hall.**

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For general enquiries please call Croydon APCMH Office on 020 8654 4010.

Please note there is a charge of £2 per drop-in session to cover tea/coffee and lunch.

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**APCMH is a registered charity No. 1097979**