

The Listening Place

Look out for our Mobile
Mind Space & group
sessions happening in
your area

Redcar

Redcar and Cleveland Mind

Lingdale

Skinningrove



Come and meet our team!

Thursday 26th May 10am-11.30am

At Lingdale Village Hall

**Our team will be there with Resources,
Wellbeing Packs and Tea & Coffee.**

Come and say hi!

engagement@rcmind.org

 **mind Redcar and Cleveland**