MUMS IN RECOVERY

Are you in recovery? (alcohol or substance use)

Struggle to get to meetings/support groups, no childcare?

Isolated, lonely, feel judged & not accepted in the community?

Why not come & join us for a chat, cuppa & cake

A safe space, non-judgemental & supportive environment with like-minded mums, where you can bring the little ones (babies & children welcome) or take some time out while they are in nursery/school!

Every Friday 10.00 – 12.00

Low Grange Community Centre Low Grange Avenue, Billingham TS23 3PF