Let's Talk Barnstaple

A mental health support group

Mondays 11am – 1pm
Boutport Street, Barnstaple

Facilitated by 2 qualified and experienced therapists, Lets Talk is a safe, supportive space for you to talk through every day challenges, improve well-being, self-esteem and increase positivity.

Call us on 01271 267 474

or

email

admin@claritynorthdevon.org.uk

for more information