

Wellbeing Pop-In

“We’re here for you!”

February

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

- Money worries?
- Feeling anxious?
- Low mood?
- Relationship concerns?
- Feeling isolated?

Pop in for a confidential one-to-one conversation

Mon

Monmouth Hub 10am - 11am
Weekly

Tues

Abergavenny Hub 10am - 11am
Weekly

Thur

Chepstow Hub 1pm - 2pm
Weekly

Fri

Caldicot Hub 1pm - 2pm
Fortnightly



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