Celebrating Community

14th May 10:30am-1pm
Plaistow Library

Please join us to celebrate Community for Mental Health Awareness Week from 12th - 18th May. This year's theme is community.

Community Workshop 14th May

10:30am-1pm
Plaistow Library, North St, London E13 9HL

- 6 stalls supporting health and wellbeing
- A workshop on emotional health, wellbeing and community
- Refreshments
- A space to connect with others and ask questions