

# Group Activities

## Brent Cove

### Arts & Crafts

Let your creativity flow. All abilities welcome.

**Mondays, 17:00 - 18:30**

### Emotional Wellbeing Workshop

Learn more about your mental health and ways to cope in a supportive setting.

**Wednesdays, 17:00 - 18:00**

### Hangout Group

For all ages. Get together, have a drink, a snack, and a chat.

**Fridays, 17:00 - 18:00**

SCAN THE QR  
CODE TO SIGN UP!



27-29 Fairlight Avenue,  
NW10 8AL  
London

07469856963  
[BH.Cove@Hestia.org](mailto:BH.Cove@Hestia.org)

14:00 to 22:00  
Everyday  
(365 days a year)



Hestia.org



## How to access the service

Individuals (16+) can just turn up thanks to our Open Access service, or they can be booked an appointment following a referral made by CNWL services and GPs.

We are open everyday from 14:00 to 22:00

## Support and activities will include:

- Advice, information and signposting.
- One-to-one support.
- The opportunity to develop a safety plan to look after your mental health in the future.
- Peer support.
- Hot drink and snack.
- Group activities.

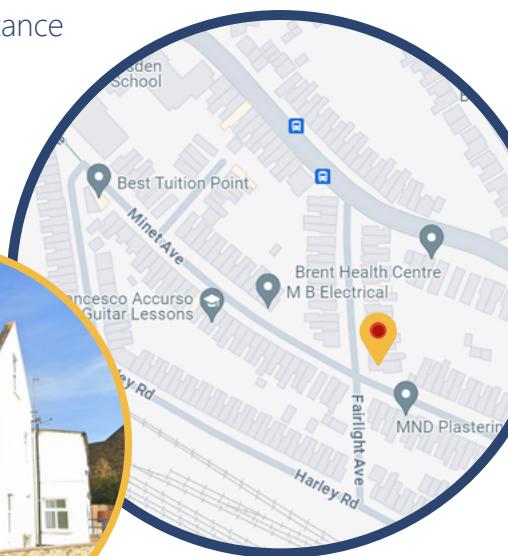
We offer a welcoming, safe, community space for people to talk, connect and gain support around their mental health.

Our aim is to support you to reduce immediate anxiety, formulate individual safety plans to support your mental health and reduce the likelihood of you requiring further assistance from other crisis services.

**Nearest station is  
Harlesden  
(Bakerloo and  
Overground) and  
187, 206, 226,  
228, 260 & 487  
bus routes.**



**Scan the QR code  
for our Website**



**Hestia.org**

