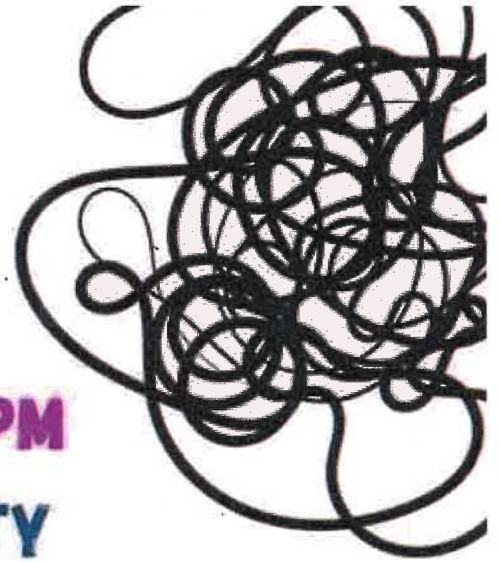


# **STRESS BUSTING COFFEE DROP IN**

**BILTON HALL, MONDAYS 4-6PM**

**NEWCASTLE BUILDING SOCIETY**

**SOUTH SHIELDS WEDNESDAY 12-3PM**



**Yes You Can North East CIC is a non-profit organisation, dedicated to helping you overcome the effects of Anxiety, Depression, PTSD and Stress.**

**Join us for a chilled, friendly community get together in a safe confidential space where you can be supported and chat openly or privately in a relaxed environment. We hope to have you leave with simple, actionable tools to help you deal with the issues of day to day life.**

**We also meet every Thursday between 12 - 2 in Meadowell Connected, Waterville Rd, North Shields**

