

# Need to talk?

*Join one of our Black, Asian and Minority Ethnic group (BAME) Sisters Own Coffee Mornings*



Self-care support groups, are now being hosted in Bromley (Penge & Orpington) and Croydon

**Session Dates:**

**Penge** - May 1st, 15th & 29th  
Jun 12th

**Orpington** - Apr 24th  
May 8th & 22nd,  
Jun 5th & 19th

**Croydon** - Apr 2nd & 23rd,  
May 7th & 21st,  
Jun 4th & 18th

**To attend or for further information please call  
Stefanie 07377 884 170 / 0208 313 9303**

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