

ALL WELCOME...

CHILL 'N' CHAT

@ CORNERSTONE

44b Grafton St Warwick

MONDAYS

12-1.30PM

Together we learn about...

Mental wellness

Mindfulness & self-care

Changing unhelpful behaviours

Managing addiction

Social skills

*It's friendly and
it's FREE – lunch,
activities, craft
resources, outings*



Find out more, or call us to organise transport: Sue 0458 800 599 Heidi 0415 295 573