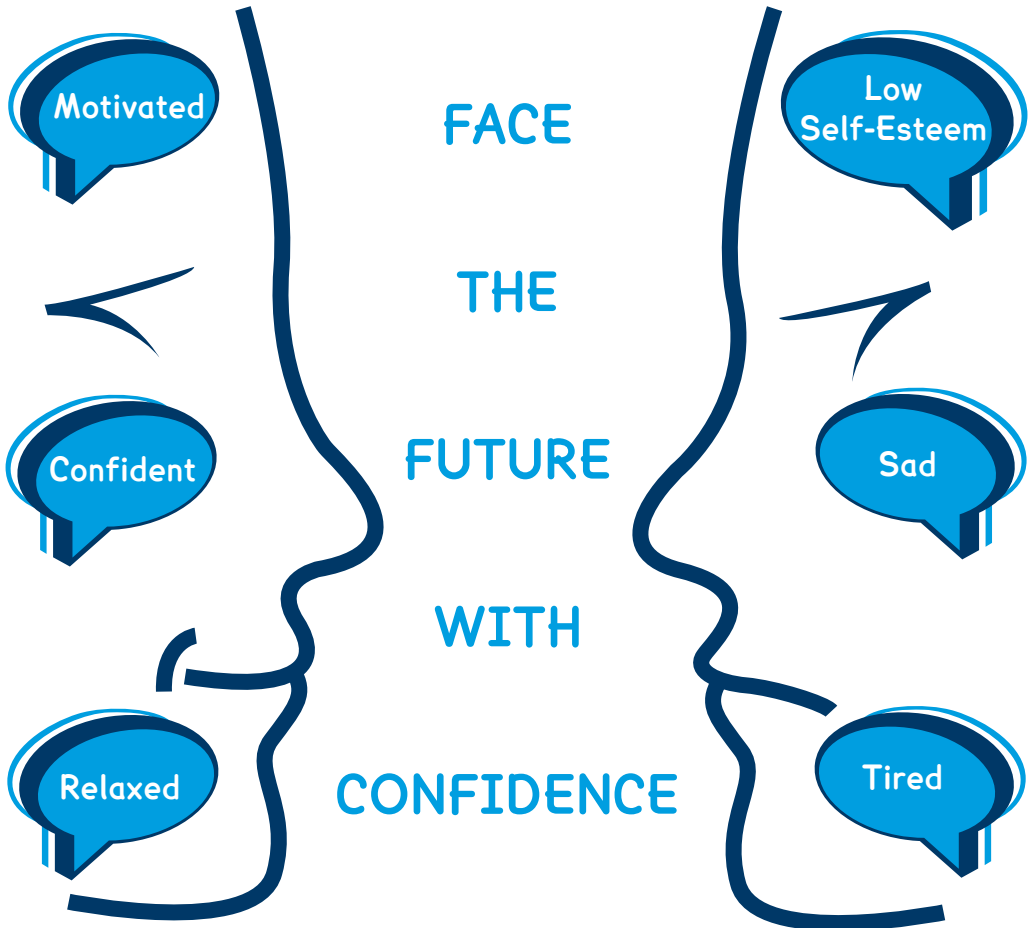




Cornerstone Trust

Supporting Our Community



Do you suffer with mental health difficulties?
Do you have difficulty in everyday life?
Do you have a lack of confidence?

WOULD YOU LIKE SOME HELP OR ADVICE?



Cornerstone Trust

Supporting Our Community

If you have answered yes to any of the questions on the front you could benefit from our Thursday morning group at Cornerstone Trust.

Every Thursday between 10am – 12.00 noon we support people with mental health difficulties. In a group environment we discuss our problems and offer practical solutions.

Our aim is to work with you to build your confidence and self-esteem, we offer both practical exercises and creative activities as well as social events designed to improve your quality of life.

We also offer one to one support if required with friendly and trained staff. This support takes place in a safe environment and gives you the opportunity to talk freely and receive positive feedback.

We are based at The Cornerstone Centre, 1 The Stow, Harlow, Essex CM20 3AH. If you would like to join us, have any questions or would like to make a referral please contact Vicky or Adele on 01279-210400. (Don't be afraid to ask).

