



Support Group

Anyone and everyone welcome—no need to book or sign up!

Weekly *Drop-ins* Wednesdays 6-7.30pm

Follow us on social media for updates!

The Mount, 44 Hyde Terrace, Leeds LS2 9LN

What is the Hub?

- Are you struggling with your relationship with your body or food?
- Would you value someone to talk to?
- Join us and let us help you feel less confused and scared about your current experience.
- The Hub is facilitated by qualified staff from our service.
- Drop-in to as many sessions as you wish over the 10 weeks—you are not alone!

Join us for a hot drink. Listen to and join in with
discussions!



Come along to the Mount reception and ask for Mary or Anthony @ the Hub.

@lypft_connect

