



For 10 - 18 year olds

- ◆ No referrals, no judgements – just an open door and a safe welcoming space to talk
- ◆ Professional workers to support you with your wellbeing
- ◆ Practical help at your fingertips - coping strategies, stress management techniques and more!
- ◆ Emotional support tailored to your needs

For more information scan the QR code



Opening times and locations

The cafes are open in Watford and Stevenage across the week.

Day	Time	Location
Mon	3:30 – 8:00pm	Watford Palace Theatre
Tue	3:30 – 8:00pm	Bowes Lyon, Stevenage
Wed	3:30 – 8:00pm	Bowes Lyon, Stevenage
Thu	3:30 – 8:00pm	South Oxhey Youth Centre