

## Course/Group title: Limestone House

### Description of the course (including the number of sessions)

Community based project including activities, volunteering and courses to benefit local community.

### Dates & times

Times by arrangement.

### Venue

Limestone House, Creswell.

### Benefits of attending the course

An opportunity to become a volunteer, community integration.

### Available to :

Local Community

### How to book a place:

Discuss with your mental health worker to make an appointment.

### To be included in which section :

Staying Well.



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