Self-Care Group

**For women only**

**In Day-Mer**

**Be good to yourself**

**Healthy eating & exercise**

**Coping with depression**

**Coping with chronic**

**illnesses**

**Relaxation**

**Coping with anger**

**Family & Friends**

**Every Thursday: 10:30am – 12.30pm**

**Starting: 8th November 2018**

**Venue: Day-Mer former Library, 16 Howard Rd, London N16 8PU**

**With Zekiye**