



Luton Women's Group

Our women's group offers a safe, comfortable and informal space, where you have the opportunity to talk about everyday topics and issues.

Groups are facilitated by a recovery worker, with discussions and activities that promote positive mental health and wellbeing.

This funding was awarded by BLCF as part of the Luton Rising Community Investment Fund.

The group runs weekly face-to-face from our Luton Wellbeing Centre.

How to access support

Referrals can be made by completing the referral form on our website.

For more information, please contact:

e: hq@mind-blmk.org.uk

t: 0300 330 0648

Supported by



Managed by



www.mind-blmk.org.uk

Charity No. 1068724