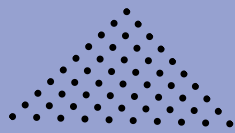


Young Person's Sanctuary

Supporting young people with mental health across Bedfordshire



Where?



Houghton Regis



**OPENING
TIMES**
4-10pm

A safe and non-judgemental, relaxed space

No appointment necessary

14-17yrs

Location:

Houghton Regis Children's Centre, Tithe Farm Neighbourhood Centre, Tithe Farm Road, Houghton Regis, Dunstable, LU5 5JB

Monday and Tuesday (4.00pm – 10.00pm)



To find out more:

☎ 0300 330 0648

✉ YPS@mind-blmk.org.uk

www.mind-blmk.org.uk

Charity No. 1068724



**East London
NHS Foundation Trust**