

# Take Control of your wellbeing journey

Tea and chat

Mind BLMK's Central Bedfordshire Mental Health and Wellbeing Hub focuses on tools and techniques to support you; including anxiety, stress management, self esteem and developing confidence.

Guest speakers

Be Creative

self refer



Monday to Friday



Locations in Ampthill, Biggleswade, Dunstable and Leighton Buzzard

- Online evening groups
- 1-1 tailored support
- Group structured topic sessions
- Recreational and activity based sessions
- Peer support groups

18+

