

Bedford Wellbeing Centre

Monday

Women's Group	10.30 - 12.00
Peer Support Group	13.00 - 14.30

Wednesday

Peer Support Group	10.30 - 12.00
Peer Support Group	13.00 - 14.30



Bedford Wellbeing Centre:

3a Woburn Road, Bedford, MK40 1EG.

T: 01234 343969

E: buc@mind-blmk.org.uk

W: mind-blmk.org.uk/bedfordborough

Registered Charity No 1068724

Registered Company No 3511342