

Following the events of the recent critical incident that threatened our beautiful town, our homes and our businesses, we know and understand how traumatic this has been for so many local people, and those who have put their lives at risk to save us.



offers to you

**PROFESSIONAL**

# **DROP IN SUPPORT**

Free of Charge **HERE** every **Saturday 10-12**

Please call in to talk to us - we may be able to offer help with

(for example) relaxation or sleep issues

Or provide further one-to-one, or group support

Alternatively email: [info@riversidewellbeing.com](mailto:info@riversidewellbeing.com) or call **01663 734347** to leave a message