



ARE YOU LOOKING AFTER SOMEONE WITH A MENTAL HEALTH CONDITION?



Let's talk about mental health
lamp

Registered Charity No: 702057

We currently hold group sessions for individuals who are providing support for someone with a mental health condition.

TIME OUT GROUP

10:00 AM - 1:00 PM

**Every 3rd Wednesday of the
Month**

**Lamp, 65 Regent Road,
Leicester, LE1 6YF**

IN TOUCH GROUP

6:30 PM - 8:30 PM

**Every 4th Thursday of the
Month**

**Lamp, 65 Regent Road,
Leicester, LE1 6YF**

For further information, please
contact Rowena at Lamp on:

0116 255 6286

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