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Our newly developed TIDES group combines our previous Refresh walking group and TIDES group. It provides a supportive environment where people can chat, share experiences and help equip each other to move forward.

Facilitated by Linda from the YFM team, there will be a programme of activities planned to include craft and walks as well as plenty of tea and cake!

JUNE

11th Self Esteem session
18th Food & Nutrition session
25th Meet at the Chapel

AUGUST

6th Meet at the Chapel
13th Day trip (TBC)
20th Planning session for next term

JULY

2nd Walk (*meet at The Anchor Pub, Eling*)
9th Walk (*meet at Testwood Lakes*)
16th Self Esteem session
25th Trip to Lavender Team Rooms
(note this is a Wednesday - meet at church midday)
30th Painting session (*bring small item to paint*)

Youth and Families Matter, 283a Salisbury Road, Totton SO40 3LZ

www.youthandfamiliesmatter.org.uk | info@youthandfamiliesmatter.org.uk | 023 8086 0320

Registered Charity Number 1128524. YFM is the community project of Testwood Baptist Church.

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