

Safe Space Café



Feeling low, anxious, or just really alone? You're welcome here.

The Safe Space Café is a laid-back, no-judgment zone where you can just *be*. Talk, listen, or simply sit with others who understand what it's like to struggle. No pressure, no fake smiles – just real people, real conversations, and a quiet kind of support that makes things feel a little lighter.

Sessions will run on the second Friday of every month. No need to book, just drop in on the day!

Date: Friday 13th June

Time: 2pm – 4pm

Location: Croydon Health and Wellbeing Space, 1st Floor Whitgift Centre, Croydon, CR0 1UY

Refreshments will be provided.