

SPACEHERTS@GMAIL.COM



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SPACE Support Group ST ALBANS



**St Albans Girls School (STAGS)
Sandridgebury Lane, AL3 6DB**

Second Friday of the month (term time only)
10am - 12pm

JANUARY 11TH

WELLBEING SERVICE

The Wellbeing Service offers free and confidential talking therapy and practical support for Hertfordshire residents experiencing a wide range of mental health problems such as: worry, low mood, insomnia and stress. We also provide support for carers, people who are struggling with the reality of living with long term physical health conditions or who are experiencing low mood and anxiety during or after pregnancy.

Subject to change

SPACE is a charity supporting Parents/Carers in Hertfordshire of children and young people on the Autistic Spectrum, ADHD or related conditions

We have regular professional speakers, workshops and social events

Come along to meet other Parents/Carers

We meet up once a month (*term time only*)
at each of these locations across Hertfordshire:

**Bishop Stortford, Cheshunt, Hatfield, Hertford, Hoddesdon,
Stevenage, Ware, Welwyn Garden City and new Croxley Green**

If you would like more information please check our **website**, contact the **SPACE** team by **email** or find us on **Facebook** under the name of **SPACE**

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM . ADHD . RELATED CONDITIONS

REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178