

An afternoon ramble followed by tea and cake

Thursday 6th February
7pm



AT



Dai's Café
High Street
CF11 8SR

Choose talk, change lives.
Together we'll end mental health stigma.

time to change **Wales**

**time to
talk day**

06/02/20

#timetotalk

timetochangewales.org.uk

proud to support

time to change

Wales

let's end mental health discrimination