

NEED HELP THROUGH LOCKDOWN?



JOIN ONE OF OUR
SUPPORT GROUPS

 LIVING ROOM *Club*

COME FOR YOURSELF; COME FOR OTHERS.

With darker evenings and tighter restrictions, we could all do with a little extra support this November. **Living Room Club** is here to help.

In response to the second national lockdown, we are launching some new **weekly support groups** at our Camden Road cafe. Whilst the cafe itself has had to close (open for take away only), the latest government guidelines do allow support groups to operate for the benefit of community health and wellbeing.

We aim to offer safe spaces where people can share freely and feel valued; all our groups will have some Christian content, but they are most definitely open to everybody. All of our groups will operate with COVID precautions in place and you will be required to wear a mask or face covering (unless medically exempt). There is a maximum number of 15 people per session, so please book a place beforehand using the contact numbers below.

WEDNESDAYS, 4.30PM

An international group where English is your second language. Find support and share what is going on with you.

TO BOOK Contact Deniz 07886 451 257

FRIDAYS, 10.30AM

An informal group where pre-school children are welcome. Parent-friendly, but open to non-parents, too. Please try to keep children close to you and do not share your toys.

TO BOOK Contact Deniz 07886 451 257

THURSDAYS, 2PM

A relaxing support group with an arts and crafts theme. We have equipment and materials for sewing/textiles, but if you'd like to do something different, please bring your own resources.

TO BOOK Contact Neide 07585 560 345

FRIDAYS, 2PM

A quieter support group, giving you the opportunity to slow down, reflect and find some peace at the end of the week.

TO BOOK Contact Washington 07365 805 428



LIVING ROOM *Club*

We are a local cafe, gallery and events venue on Camden Road – a community space, where people come before profits. Find us opposite Camden Road Overground station.

Living Room Club, 43-45 Camden Road, NW1 9LR