

18-25 Calm Cafe



Are you aged 18-25 years old and in need of mental health support?

Telford Mind, A Better Tomorrow and Telford and Wrekin Council are delivering a new Calm Cafe for young adults aged 18-25 Years.

Calm Cafes are available for anyone 18 years and older who find themselves in crisis or who are in need or support with their emotional/mental health to prevent a crisis.

Café locations, days and times:

Wednesday	Thursday
1pm-3pm	5pm-7.45pm
Dawley Town Hall	Meeting Point House
TF2 7PR	TF3 4HS

