

Paws and Reflect

Wellbeing Group



A free pet wellbeing group for anyone who would like to meet a pet in a social setting or to relieve anxiety. A relaxed and supportive environment to meet new people, find a listening ear and enhance your wellbeing, whilst stroking a friendly Pets as Therapy dog.

Starting 12th August
Second Monday of
every month

Time: 10.30 - 12:00

Including free refreshments and followed by a free community lunch at the venue, donations for lunch are welcome

Contact us below

 01276 409 415

 07919 541 424

 **Stanwell**

catalystsupport.org.uk

Scan the QR code
to register

