

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.

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

Scan the QR code to register



catalystsupport.org.uk

