

As part of North Tyneside Mental Health Action Week, you are invited to join VODA and North Tyneside Recovery College for



# A Friendly Brew

Tuesday 15 May • 12 noon to 2pm

VODA • Queen Alexandra Campus  
Hawkeys Lane • North Shields • NE29 9BZ

Join us for an informal session around making and sustaining positive friendships, exploring issues such as wellbeing and boundaries. Plus a speed-friendship session with tea and cake.

For more information or to book a place contact North Tyneside Recovery College on 07976 627475 or email [ntrecoverycollege@gmail.com](mailto:ntrecoverycollege@gmail.com)

