



**solace**  
surviving exile and persecution

**Wellbeing Group**  
**Thursday 1 - 2pm**

**Mill Hill Chapel 9 Lower Basinghall Street, Leeds**  
**LS1 5EB**

Ways to cope with difficult days

Relaxation

Make friends and talk to other asylum seekers and  
refugees with similar experiences

Learn English for health

Interpreters present

To book a space contact Rose McCarthy on

**07393011902** or email

**[rose.mccarthy@refugeecouncil.org.uk](mailto:rose.mccarthy@refugeecouncil.org.uk)**

**Spaces are limited so you must book!**



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