**Ladies coffee  
morning drop in  
Every Thursday  
10 - 12**

**

**Meet other women in similar situations**

**Are things getting on top of you?**

**Feeling Stressed**

**at home**

A

**Make new friends**

**JAMES Project**

**South Street/ Queens Road**

**Keighley**

**BD21 1 EH**

**Use side door on Queens Road**

**For more information call Melanie 07772756469**

Need to off load