



# Free advice clinic

Dover Big Local  
18 Charlton Centre  
High Street, Dover

Drop in for  
coffee and a  
chat!

Do you need help with your:

- Housing?
- Health?
- Benefits?
- Employment?

Talk to us about how to improve your mental health and wellbeing so that you can feel happier, more positive and able to get the most from life.

Every Tuesday from 10am to 4pm