



Leicester, Leicestershire
and Rutland

System Neighbourhood Mental Health Café

Drop in support for when you're struggling
to cope

Thursdays,
12 noon - 3pm and 3.30pm - 6.30pm

System Community Centre, School Street,
System, Leicestershire, LE7 1HN

Email: tracey@ruralcc.org.uk

Phone: 07752 183 044

www.ruralcc.org.uk

For up to date times/dates, scan the QR Code

Neighbourhood
Mental Health
Cafés

