

Hillingdon Mind



For better
mental health

Do you have a
mental health issue
or any addiction ?

Do you want
support to reduce?



Community Recovery Group

Starting Mon 23rd, January.
3:00pm – 5:00pm

Hillingdon Mind, Aston House, Redford Way. Uxbridge. UB8 1SZ

Central and North West London



NHS Foundation Trust

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Aurora 01895273744