

Drop-ins & Appointment -based sessions

Venue	Day / time	Booking arrangements
Belmont Business Centre, Little Germany	Mon -Fri (appointments only)	Ring 07904953864 to book an appointment
Millside Centre, Grattan Road	Last Monday of the Month 1pm-230pm	Drop-in (no appointment necessary)
Cellar Trust, Shipley	Tuesdays (appointments only)	Ring 07904953864 to book an appointment
Bevan Health Centre, Bradford City Centre	Last Friday of the month 1pm-230pm	Drop-in (no appointment necessary)
Lynfield Mount	Appointment only	Appointment only, contact OT
Airedale Centre for Mental Health	Appointment only	Appointment only, contact OT

Appointments available outside of office hours and in alternative locations please ring 07904953864 for details.