



# LGBTQ+

Do you identify as LGBTQ+ and allies?

Need a place to come and get information?

Are you aged 18 or over?

Come and meet other likeminded people for a cuppa and chat



**JOIN OUR ONLINE ZOOM GROUP  
EVERY FRIDAY 11:30AM-12:30PM**

**MEETING ID 123 456 7890**



**#stayathome**



For more information on the LGBTQ+ group email [nia.jones@mhmwales.org](mailto:nia.jones@mhmwales.org)

Visit [www.mhmwales.org.uk](http://www.mhmwales.org.uk) for more information and updates on all our services