

# FAMILY SUMMER SUPPORT

**FRIDAY THE LIFE ROOMS**  
**19 JULY WALTON L9 2AF**  
**11 AM - 2:30 PM**

**FREE EVENT**

**FREE**  
refreshments  
and activity  
tasters!

**FIND A RANGE OF SUPPORT AVAILABLE FOR YOU  
AND YOUR FAMILY OVER THE SUMMER HOLIDAYS!**

- Find out about **FREE** activities and healthy meals available for your family over the Summer holidays.
- Connect with community organisations and services to help you and your families lead happier and healthier lives.



# The Life Rooms

At The Life Rooms our aim is to help you live the best way you can. If you need support, we can help you take your next steps towards a healthier and happier life.

We are here to help you improve your mental and physical wellbeing. Whatever the issue; from housing and employment, to mental health and lifestyle changes.

Our services are available to anyone aged 18+.

## Where to find us

At all of our sites you can expect a warm and friendly welcome.

For a full list of sites please visit our website

**[www.liferooms.org/contact-us/our-sites](http://www.liferooms.org/contact-us/our-sites)**

or scan the QR code.



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**[www.liferooms.org](http://www.liferooms.org)**