



# Mental Health Day Centres



We have day centres for people with mental health problems



The day centre helps you do things for yourself

You can do:



Art and crafts



Cooking



Play games



Make friends



Have a meal



The day centres are  
in:



Crocus Day Centre

Takely



Lions Day Centre  
Brentwood



Merefield Day Centre  
Harlow



Shrublands Day  
Centre  
Colchester



Tudors Day Centre  
Thundersley