

Herts Haven Cafés

**Scan for
opening times
and locations**



- ◆ No referrals, no judgements – just an open door and a safe welcoming space to talk
- ◆ Professional workers to support you with your wellbeing
- ◆ Practical help at your fingertips - coping strategies, stress management techniques and more!
- ◆ Emotional support tailored to your needs