

Newham Together Café

Stratford Advice Arcade 107-109 The Grove, London E15 1HPT

T: 020 7510 1081 E: togethercafe@mindthnr.org.uk

Services include:

Art Therapy

Groups

One to one support

Opening Hours:
Monday-Friday 5-9pm &
Weekends and Bank holidays 3-9pm

Newham Together Café is more than just a drop-in center; it's a lifeline for Newham residents aged 18+ facing mental health challenges. Open evenings and weekends, The Together Café warmly welcomes all, with no referral process required. We offer short-term support, equipping attendees with recovery strategies in partnership with ELFT.