

# Moody Mondays

**Feeling low or worried?**  
Come and talk to us.  
This is an informal,  
safe, and confidential  
space run by volunteers  
and professionals to  
support your wellbeing.

**9.15 - 11.30 am**  
**Every Monday**  
(term time only)

The Coneygear Centre  
Huntingdon  
PE29 1PE

**Talk to us, don't  
suffer in silence.**



We're here for you



Cambridge  
Acorn Project

[www.cambridgeacornproject.org.uk](http://www.cambridgeacornproject.org.uk)