



Operation welcome

Every second Wednesday of the month from 6pm - 7.30pm at Fareham and Gosport Wellbeing Centre

Join us for a relaxed and welcoming gathering with local military families and serving personnel! Enjoy complimentary tea and coffee as you connect with others in a supportive environment. Our focus will be on building confidence, nurturing relationships, and fostering a sense of community and wellbeing.

Contact us:

01329 281445

militaryminds@solentmind.org.uk

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Wellbeing Centre
Fareham and Gosport

