



Lancashire &
South Cumbria
NHS Foundation Trust

DROP IN SESSIONS

With our our Primary Mental Health Worker Team

Where?

Thornton YMCA
FY5 3SX

&

Poulton Library
FY6 7DH



1st Thursday of every month

- Aimed at Parents, Children and Young people and professionals seeking advice around Mental Health
- Including information around signposting and best services that meet your Mental Health needs

2:00PM-4:30PM

Thornton YMCA

Poulton Library

2nd October 2025

2nd April 2026

6th November 2025

7th May 2026

4th December 2025

4th June 2026

5th February 2026

2nd July 2026

5th March 2026

6th August 2026