



# There's always time for a cuppa and a catch-up

Now is the perfect time to connect with those around you

It doesn't matter if it's Monday morning or Saturday night, or if you're drinking green tea, black coffee or orange juice. If you're sharing a cuppa and listening, you're doing it right.



Find out how to host your own Brew Monday at [samaritans.org/manchester](https://samaritans.org/manchester)

**SAMARITANS**

Manchester & Salford