



# First Step Group

## Mental Health Drop-in



The **First Step Group** provides a drop-in for adults with **Mental Health Problems** who live in East Glasgow. The drop-in is open:



**Every Monday (except public holidays)**  
**12.00pm – 3pm**  
**Ruchazie Community Centre**



The drop-in has a programme of activities that includes:



**Arts & Crafts, Water Colour Painting, Photography, Jewellery Making, Aromatherapy, Mask Making, Basic Computing, Bingo, T-Shirt Making, Information, Support and Day Trips.**



If you want more information or are interested in coming along to the drop-in, please call:

**Martin - 0141 276 4119**

Email:

**[martin.hawkins@sw.glasgow.gov.uk](mailto:martin.hawkins@sw.glasgow.gov.uk)**



First Step Group Drop - In  
c/o Ruchazie Community Centre  
441 Gartloch Road, Glasgow G33 3TJ