



READ & RELAX

Love books?! Want to meet other young people with similar interests?

Then join us at our Ringwood site on Thursdays arvo's for our **Read and Relax** book club.

We meet the 2nd and 4th Thursday of the month to **discuss the book of the month** and on the alternate fortnight we try out a range of relaxation activities, depending on the group interests.

If you're interested in finding out more or know a young person who is interested, please contact Jacqui Cousins at EACH Youth & Family on 98711802 or jcousins@each.com.au

Who? Young people aged 16-25 years

When? Thursdays @ 4pm

Where? EACH Youth Health Hub- Building A, 46 Warrandyte Road Ringwood.

Cost? Free!

social and community health

main office

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