

wednesdays 4.30 - 6pm @ b.1 cafe

# STOP THE

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[lcet.org](http://lcet.org)

## talk, meet, create

If you've ever self harmed or felt like you were close, **the stop** is a drop in cafe where you can talk about what's going on and meet other teenagers who are feeling the same.

It's run by LCET, who organise self harm therapeutic groups for young people in Luton. There's space to talk or just hang out. We also use art as a way of expressing feelings and ideas.

You can come along every week or just drop in when you want.

To find out more call Jo on 01582 877220 or email her at [jo.kinninmonth@lcet.org](mailto:jo.kinninmonth@lcet.org).

Every Wednesday in term time, 4.30 to 6pm at the b.1 cafe at the LCET offices in Upper George Street. Email or phone for more directions.



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■ registered charity no. 1081754

■ registered company no. 3939801, registered in England, a company limited by guarantee

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