

# An afternoon ramble followed by tea and cake

Thursday 6th February  
7pm

AT

**Dai's Café**  
**High Street**  
**CF11 8SR**

Choose talk, change lives.  
Together we'll end mental health stigma.

time to change **Wales**

**time to  
talk day**

**06/02/20**

#timetotalk

[timetochangewales.org.uk](http://timetochangewales.org.uk)

proud to support

**time to change**

**Wales**

let's end mental health discrimination