

# Tain

## Living Better Group

### Sep - Dec 2025



**Tain Youth Cafe, 17 Stafford Street, Tain,  
IV19 1AZ**



**11am - 1pm**

Join us for a monthly social meeting where we have a cuppa and a catch up as well as a range of activities; arts and crafts, games, boccia and guest speakers and an opportunity to share and discuss self management.

No booking required and meetings are free to attend, however we do leave out a donation bowl to help cover teas and coffees

**THURSDAY 25<sup>TH</sup> SEPTEMBER**

**THURSDAY 30<sup>TH</sup> OCTOBER**

**THURSDAY 27<sup>TH</sup> NOVEMBER**



**Vicki@myself-management.org**