

Tain

Living Better Group

July - September 2026



**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

NO MEETING IN JULY

NO MEETING IN AUGUST

THURSDAY 24TH SEPTEMBER



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