

MATES CAFE



Erasing Lonely
www.matescafe.org



NEED A MATE

MATES
CAFE
ERASING LONELY



BE A MATE

Harness your emotional power and maximise your brain performance to be healthier and happier in your relationships, life experiences and outcomes.

MATES help adults and teenagers of all cultures and ethnicity overcome life challenges such as loneliness, relationship breakdown, anxiety, loss and grief by being there and helping them find new life direction.

Join Us... www.matescafe.org / 0800 RELATE (735283) / info@matescafe.org