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**Are you or someone you know**

**experiencing poor mental health?**

**We may be able to help!**

New Express Group in Levenmouth

**Open Day**

**Tuesday 22nd February**

**9:30 am - 1:00 pm**

**St Agatha’s Church**

**160 Methil Brae, Methil KY3 3LU**

Express Group is a mental health charity operating in Fife   
for over forty years, providing group activities and one to one work for **people over 18 experiencing poor mental health.**



**EXPRESS GROUP (FIFE) LTD**

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