



Kitchener's

LOWESTOFT

10 Kirkley Cliff

Lowestoft NR33 0BY



01502 573564

**Let's end loneliness & work together to
prevent veteran & blue light suicide**

NEW DROP IN SESSION

**Are you currently serving or have served in HM armed
forces? Are you a firefighter, paramedic, doctor, nurse or
police officer (working or retired)?**

Kitchener's is offering a new drop in just for you...

**We're here for you if you're feeling lonely and want a bit of
like-minded company and a chat. If you're struggling with
something, we'll help signpost you to the right professionals
who can help!**

12PM-2PM EVERY LAST FRIDAY OF THE MONTH

**Please note that we are not financial, medical
or mental health professionals but we can
assist you with finding contact details of the
appropriate professional pathways**

