

OTR HUBS

OUR HUBS ARE THE BEST PLACE TO FIND OUT MORE ABOUT WHAT WE DO, PARTICULARLY IF YOU ARE NOT SURE WHERE TO START.

OTR's Hubs are a safe and relaxed space you can simply drop into for a chat - no appointments needed. They are there for you to meet our team and discover more about what we offer. You'll find they are a great place to learn about mental health and self-care too.

Find out more at:

otrbristol.org.uk/what-we-do/hubs

MONDAYS 4PM - 7PM

@ 8-10 West Street, Old Market, Bristol, BS2 0BH

WEDNESDAYS 3.30-5.30PM

@ Armadillo, Station Road, Yate BS37 4FW

SATURDAYS 10AM - 1PM

@ 8-10 West Street, Old Market, Bristol, BS2 0BH

OTR

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