



# Community Calm

*"Mental Health Recovery Through Nature"*



Community Calm offers a safe, supportive space to improve mental well-being through nature. Enjoy weekly outdoor activities on an Animal Therapy Farm & The Wildlife Trust in Windsor Great Park. Connect with others, and join supportive mental health discussions in a peaceful, green space. Open to adults (18+) facing loneliness, anxiety, or depression.

Referrals accepted through GP's, Social Prescribers and other Healthcare Providers

Contact Meena Kalsi for a friendly chat and a referral form

[communitycalmberkshire@gmail.com](mailto:communitycalmberkshire@gmail.com)

[www.communitycalm.com](http://www.communitycalm.com)

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## **You are not alone**

