

DRAGON CAFÉ IN THE CITY

FREE AND OPEN TO EVERYONE - A SPACE
TO RELAX AND RECHARGE IN THE CITY

SHOE LANE LIBRARY, EC4A 3JR

Dragon Café in the City welcomes anyone living or working in the Square Mile who is feeling the pressures of work or life. It is a relaxing space, and is open to everyone. Located in Shoe Lane Library, the Café offers a range of free activities and events to promote and support mental wellbeing. The Dragon Café also provides an open, quiet and calm environment, to reflect or to practice mindfulness on your own. It provides a space to look after your own wellbeing – mind, body and soul.

Fortnightly Thursdays from noon - 8:30pm:

8th & 22nd February

8th & 22nd March

5th & 19th April

3rd, 17th & 31st May

14th & 28th June

12th & 26th July

Dragon Café in the City is a collaboration between Mental Fight Club, Shoe Lane Library, Business Healthy, the City of London Corporation and Output Arts.



Mental Fight Club