

# Harmony House Companions



## A face to face befriending service

**A befriender will visit you once every fortnight to enjoy a chat and provide a listening ear or perhaps support you get out and about in your local community**

We aim to provide companionship and support to increase confidence and self-esteem



**Harmony House Dagenham**

**Baden Powell Close Dagenham, Essex RM9 6XN**

**Contact:**

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