

INVITATION TO BECOME A HAPPY CAFE

The **Happy Café Network** is a chain of cafés that have agreed to become Happy Cafés. The network has been created by **Action for Happiness**, a movement of people committed to building a happier and more caring society, with hundreds of thousands of supporters. The movement has no religious, political or commercial affiliations; and the Dalai Lama is its Patron.



A **Happy Café** is a place where those seeking to live happier lives can meet up with like-minded people over a cup of coffee, share their experiences and learn about developing good mental habits. It is identified by having a **Happy Café sticker** in the window.



Happy Cafés provide a menu of advice on how to enhance psychological wellbeing, based on the scientifically researched **Ten Keys to Happier Living**. These Keys include good relationships, helping others and adopting a positive approach to life. The Ten Key are set out in postcards, pamphlets and posters at the café (supplied by Action for Happiness) and related books might be made available too. Those wanting to connect with others can identify themselves by wearing lapel badges and the café can organise a range of inspiring and fun activities relating to wellbeing.

The Happy Café Network was established in 2014 and now consists of over 100 cafés all over the UK and beyond, which can be found on an interactive map at the Happy Café website www.actionforhappiness.org/happy-cafe. The network includes an Arts Centre café in Cambodia, a university café in Malaysia, a cafe in the Happiness Centre of the Dubai Electricity & Water Authority and a café in The Sacred Valley of the Incas, Peru. Many more are in prospect.

If you are interested in joining our network and appearing on our interactive map, which has a reach of over **150,000 members** and **1 million social media followers**, please contact **Stan Rosenthal**, National Coordinator of the Happy Café Network at stan.rosenthal@actionforhappiness.org