

NEW FORUM
FOR FAMILIES AND CARERS OF PEOPLE
WITH A MENTAL HEALTH CONDITION
MENTAL HEALTH IN-FORUM

- Carers coming together in an informal and safe environment
- Answer each other's questions
- Exchange knowledge, tips and ideas
- Occasional "expert" question and answer sessions
- A different topic each month

Tuesday, 29th January

7-9 pm

Recovery Resource Centre Royal Cornhill Hospital



Staff from Cornhill will be on hand to provide information on a variety of therapies that can be beneficial in supporting the recovery of people with a mental health condition

Interested in coming along?

Please contact Arlene Malcolm

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