

Wellbeing & Mental Health Awareness Workshop

Monday 18th September 2017 | Cromer Church Coffee Bar | 7-9pm



CROMERCHURCH



Do you think wellbeing and mental health is important...?

If so, you are welcome to join us for a **FREE 2-hour workshop.**

The evening will give you an overview of mental ill health, and the Wellbeing service, so that you will feel comfortable providing support to someone who maybe in distress and help them access the appropriate services. The Wellbeing service aims to reduce the onset of mental ill health, prevent deterioration and promote recovery. We believe that reducing stigma and raising awareness is vitally important to our community.

Booking is required as spaces are limited

Further info & bookings:

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