

Following our day conference last Autumn exploring our welcome in church to those living with mental ill-health, we are pleased to be hosting this insightful and valuable session on:

Mental Health Awareness



Ticket Prices:

- ◆ **£10.00 - per Individual**
- ◆ **£20.00 - for a Group Ticket (max. 4 People)**

Light refreshments will be served at the morning and afternoon breaks, but please bring a packed lunch with you.

A training opportunity with 'MIND in mid-Herts' - who are innovators and experienced providers of Mental Health Services.

Aim of the session:

- ◆ To support communities who would like to increase their awareness and understanding of mental health difficulties and how to better support others in their discovery towards positive mental health and well-being.

Who's it for?

- ◆ Open to all - anyone who would like to gain a greater understanding of mental health and well-being.

**Saturday 19 October
2019**

9.30am - 4.30pm

at Barton-le-Cley,
Bedfordshire
St Nicholas' Church Hall,
Church Road, MK46 4LA

