



'Supporting people, challenging stigma and promoting mental and emotional health'

Celebrating World Mental Health Day 10th October 2010

Events at Bristol Mind

35 Old Market Street Bristol BS2 0EZ

Saturday 9th October 10.00 – 11.30

Launch of a Therapeutic Creative Writing Group: writing, creativity and storytelling to explore feelings, play with words and images, share ideas and promote health and wellbeing.

Cost £4.50 (waged) £2.50 (low/unwaged) First session free with no obligation to continue

Sunday 10th October 10.30 – 2.30

Mental Health Awareness Workshop: want to find out more about mental health? To book a place call Sophie on 980 0370 (limited places)

For details of Bristol Mind events and further events around the city visit www.bristolmind.org.uk or phone 980 0370

Bristol Mind is a registered charity that provides a range of high quality services and training, supporting people to have a voice and promoting emotional and mental health

To find out more about our services, training and volunteering opportunities visit www.bristolmind.org

Registered Charity No. 1085171

Registered Co. No. 04124744