

Please Join Us For A Discussion
Workshop On:

Christmas and Mental Health

Exploring perceptions and
feelings towards Christmas and
the New Year, how it can
impact mental health, and what
support exists throughout the
Christmas period.

November
Thursday | **30** | 1 - 2pm
2023

For more information, or to register to attend,
please contact:

safeconnections@mindthnr.org.uk

