

MIND OVER NATTER

A FRIENDLY SUPPORT GROUP FOR PARENTS WHO HAVE CHILDREN/YOUNG ADULTS WITH MENTAL HEALTH ISSUES.

PARENT LED, SUPPORTED BY CAMHS.



**Mind
Over
Natter**

@COMMUNITY SOUL CAFE, WALLASEY

WEDNESDAY 7.00 PM - 9.00 PM

15 JAN, 12 FEB, AND 11 MARCH 2020

SUPPORTED BY CREA8ING CAREERS, 4 BRANDON ST.

BIRKENHEAD, CH41 5HN

THURSDAYS 9.30 AM - 11.30 AM

30 JAN, 27 FEB, 26 MAR & 23 APR 2020



Find us on Facebook or Call us on 07495 935494