

Midlothian Wellbeing Interventions Network (MWIN) invites you to

Understanding Mental Health & Wellbeing

Thursday 23 November 2:30 pm - 8:30 pm
Loanhead Miners' Welfare FREE ENTRY

This event is for the general public, service users, carers and workers - in fact anyone interested in mental health and wellbeing. Drop in to find out more about different perspectives and the range of services available.

Afternoon Talks
2:30-5:30

Information about services

Art Therapy

Mental Health First Aid

STALLS

Psychological Perspectives

Refreshments

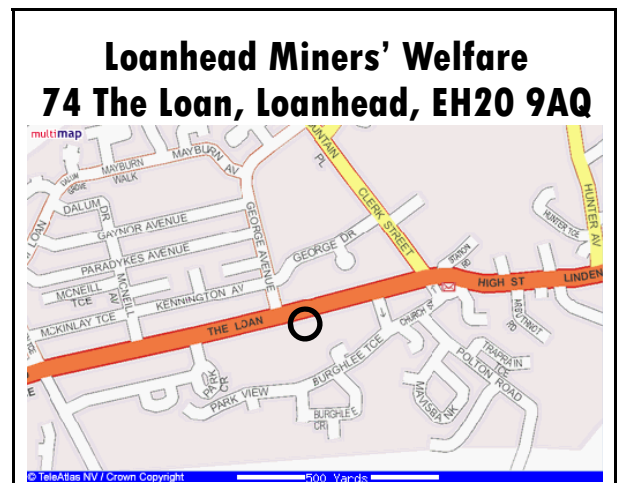
Ideas about self help

Evening Talks
5:30-8:30

All welcome. Drop in on the day.

For the full programme see
<http://mccp.mvacvs.org.uk/eventsMWIN.html>

For more information contact Simon Miller,
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