



# Mental Health Friends

Email: [admin@mentalhealthfriends.co.uk](mailto:admin@mentalhealthfriends.co.uk) Facebook: Mental Health Friends Brackley Group

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## Autumn 2019

### Peer Support Group Meetings

Mental Health Friends in partnership with Rethink Mental Illness (National Charity) will be holding peer support group meetings every second Monday of the month 7pm-9pm and every second Thursday of the month 1pm-3pm.

Emma and I welcome you to join us at:-

The Old Fire Station Community Room  
High Street  
Brackley  
NN13 6XF

Donation for Admission if you are able  
Tea/Coffee 30p  
Herbal Tea 50p  
Cake £1.50

We are more than happy to meet you outside or beforehand for a chat or do whatever we can to support you and make you feel more comfortable.

If you do not wish to take part in any of the activities we still welcome you to join us for tea/coffee and cake.

### Dates:-

#### **10th October 1pm-3pm**

Tea/Coffee and Cake - World Mental Health Day

#### **14th October 7pm-9pm**

Tea/Coffee and Cake

Within this session we will have Yoga with Hayley 7pm-8pm

Cost: £5.

#### **17th October 1pm-3pm**

Tea/Coffee and Cake

#### **11th November 7pm-9pm**

Tea/Coffee and Cake

Within this session we have Mindfulness with David. 7pm-8pm.

Cost: donations if you are able

**14th November 1pm-3pm**

Tea/Coffee and Cake

Within this session we have Card and Crafting with Jenny.

Cost: £3

**9th December 7pm-9pm**

Tea/Coffee and Cake

Within this session we have Christmas Crystal Singing Bowl Sound Bath with mince pies.

Cost: £5

**12th December 1pm-3pm**

Tea/Coffee and Cake