

Southwark Mind

Kindred Minds

A user-run mental health project for service users/survivors for black and minority ethnic (BME) communities in Southwark & nearby areas

We would like to welcome BME service users/survivors to our:

Well Being Days

Thursday 24th May – Friday 25th May 2012

10:30am - 4:30pm

Venue

@InSpire the Crypt,
St Peter's Church,
Liverpool Grove,
Off Walworth Road,
SE17 2HH

Nearest tube Elephant and Castle near East Street Market.

Two full days of free taster sessions on complementary and mindfulness activities: Reflexology, Reiki, Indian Head Massage, Yoga, Laughing Therapy and many more.

No Booking Required. Come along to the venue at any time, first come, first serve. Professionals working in this area are also welcome, but will be restricted to join in certain group activities only.

Call 020 7358 7030 Email kindredminds@southwarkmind.org.uk

Southwark Mind, Cambridge House, 1 Addington Square, Camberwell, SE5 0HF

www.southwarkmind.org.uk/kindredminds

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Southwark Mind



For better
mental health



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