

Msaada & The Rafiki Project ... 'Embracing Collaboration and Celebrating Mental Wellbeing' in Black History Month

Join us on the 30th of October 2013



- Share your experiences about mental wellbeing in African and Caribbean Communities
- Learn how to challenge stigma and discrimination in mental health
- To celebrate our community champions with our certificate presentation
 - Spoken word, Poetry and Music from our champions
 - Find out about free training available in South London
 - Share a hot refreshments (between 5.30pm and 6.30pm)

Where: Ortus Maudsley Learning Centre, 82 - 96 Grove Ln, London, Greater London SE5 8SN

<http://www.maudsleylearning.com/ortus-location/>

What time: 5.30-8.30pm

How Much: Free

How to attend: Register at msaadaandrafiki.eventbrite.co.uk

For more information: Contact Joseph on 02032289827 or

Naomi on Naomi@a-af.org

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