



Central Manchester

Service User & Carers' Network

"Nowt about us, without us!"

Do you use mental health services or care for someone who does?
Why not come along and meet like-minded people?

We'd love to meet you and hear your experiences in a service user and carer led discussion group.

Third Monday of every month 12.30 - 2.00pm

Brunswick Parish Church, Brunswick Street M13 9TQ

Coming up in 2020...

- **20th January** - Creative Writing from Recovery Pathways
- **24th February** - Mindfulness session and What's On info
- **16th March** - Connect Support guest speaker

For more information please contact:

Helen Rogers on 07776 212413

