



HEALTH, RELATIONSHIPS EMPLOYMENT, MONEY, FAMILY

**These are some of the things that can affect our mental well-being at anytime in our lives
Are you, or someone you know experiencing problems with mental ill health?**

Then come along to the Positive Steps group for information and support. You will be able to share experiences with others who have similar issues in a friendly and confidential setting.

Friday, 1-3pm, The Darran Las Community Building

**For more information or for a friendly chat ring Jill on
01443 479713 or 07795391852**