

# QUAKER MENTAL HEALTH FORUM

Saturday October 19<sup>th</sup> 2019

Priory Rooms, Birmingham

## Mental health in community:

*exploring the impact of community on mental health, considering what makes a healthy community and reflecting on our Quaker witness in creating spiritual connections within community.*



A panel of Friends will share personal experiences; there will be workshops exploring different aspects of community and well-being; there will be response groups to give space for reflection. Our day will be framed by worship.

**There is no charge to attend.**

**Everyone is Welcome**

**but please book a place so we know about numbers and any needs you have.**

Drinks will be provided: please bring a packed lunch

We hope every Area Meeting will send a representative

Book on Eventbrite: search Quaker Mental Health in Birmingham or go to:  
<https://www.eventbrite.co.uk/e/quaker-mental-health-forum-mental-health-in-community-tickets-59824413431>

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[www.retreatyorkbfund.com](http://www.retreatyorkbfund.com)

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