

The Retreat York
Benevolent Fund
Quaker Mental Health Forum



Mental Health & Young People

Programme of Events

We will be exploring the topic of mental health and young people. Grounded in our faith, we will be sharing experiences and ideas. The day will include:

- A range of panel speakers talking from their own experience followed by small group discussions and questions.
- Topic sessions including:
 - Exploring self-harm
 - Quaker Action on Alcohol and Drugs (QAAD)
 - Exploring social media and how to stay safe
 - How to train people, that work with young people, in therapeutic skills
- Response groups including:
 - Writing
 - Singing
 - Creative crafts
 - Worship-sharing
 - Discussion
- Meeting for Worship

EVERYONE IS WELCOME

The day is suitable for those aged over 15; we suggest people under 18 come with a supportive adult.

The next Quaker Mental Health Forum is on
Saturday 3rd November from 10:00am to 4:00pm
in The Priory Rooms,
Birmingham, B4 6AF

Please Note

We hope every Area Meeting will send a representative.

Please bring a packed lunch

Drinks will be provided.

There is no charge

To Book

Eventbrite – search Quaker Mental Health or

<https://www.eventbrite.com/e/quaker-mental-health-forum-mental-health-and-young-people-tickets-45232690194>

For more information please contact:

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