



CREATIVE OPTIONS
COMMUNITY PROJECT
Registered charity no. 1169194

You are warmly welcome to the first of a new series of

Mental Wealth Dialogues

Organised by Creative Options

Community Project, Hosted by the Third Age Centre and supported by Colleagues at the Good Mental Health Co-operative

The Third Age Centre, Cranberry Terrace, Southampton SO14 0LH

Thursday October 5th 6.30 p.m.—8.30 p.m.

Free of Charge, Refreshments provided

All welcome

Mental Wealth Dialogues are held all over Europe, bringing people together to share their ‘wealth’ of experience of mental health and wellbeing rather than concentrating on illness. Whether you have lived experience or not, are a carer or professional or just someone who wants to understand more—this is an opportunity to share in a free space.



Dialogues have been organised previously by the Good Mental Health Co-operative and we hope they will continue in future.



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