

“recovery is possible”

“mental wellbeing”

“respect”

Introduction to

“empowerment”

Peer Support

“mutuality”

“shared experience”

workshops

“self advocacy”

1.00pm – 4.00pm
Wednesday 24 March 2010

at

Contact Point
Barony Housing Association
411-417 High Street, Kirkcaldy

To book a place contact: Billy Moyes at Contact Point
Or Chrys Muirhead, **T** 01334 656341, **E** chrysmuirhead@aol.com