



# Central Manchester

## Service User & Carers' Network

*"Nowt about us, without us!"*

Do you use mental health services or care for someone who does?  
Why not come along and meet like-minded people?

**We'd love to meet you and hear your experiences in a service user and carer led discussion group.**

**Third Monday of every month 12.30 - 2.00pm**

**Brunswick Parish Church, Brunswick Street M13 9TQ**

**Coming up in 2020...**

- **20th January** - Creative Writing from Recovery Pathways
- **24th February** - Mindfulness session and What's On info
- **16th March** - Connect Support guest speaker

**For more information please contact:**

**Helen Rogers on 07776 212413**



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