

NEXT STEPS

LEARN ABOUT LOCAL MENTAL HEALTH SERVICES
ASK YOUR QUESTIONS AND GIVE YOUR FEEDBACK

Over 13 weeks in early 2023, 13 local mental health and wellbeing organisations will each have a **one-hour slot to give a presentation about their work and take part in a Q&A with the public.**

HOSTED BY BIG LOCAL: JARROW FOCUS, CAMBRIAN STREET

ALL SESSIONS BEGIN AT 10 a.m.



Wednesday APRIL 19



Wednesday APRIL 26



Wednesday MAY 3



Wednesday MAY 10



Wednesday
MAY 17



Wednesday
MAY 24



Wednesday
MAY 31



Wednesday
JUNE 7



Wednesday
JUNE 14



Wednesday JUNE 21



Wednesday JUNE 28



Wednesday JULY 5



Wednesday JULY 25



COME TO ONE SESSION, OR TO AS MANY SESSIONS AS YOU LIKE!
EVERYBODY IS WELCOME, AND FREE REFRESHMENTS WILL BE AVAILABLE!



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Wednesday APRIL 26



UK SMART Recovery focus on providing self-empowerment to people with addictions to alcohol and other substances.

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