



For better
mental health

York and District Mind

Caring and campaigning together for better mental health

Registered Charity Number 1037603. Registered in England Number 2921142

Our Events for Mind Week May 9 to 16 events

To celebrate Mind Week 9 to 16 May 2009, **York and District Mind** in association with **York Human Givens** are holding a series of bite size local lunchtime talks from 12.15 to 12.45 on Mental Health at 9 Castlegate York YO1 9RN.

On Monday 11 May York and District Mind present - **Patrick Love**, an experienced mental health advocate will talk on “**Helping others to speak up**”.

On Wednesday 13 May York and District Mind in association with York Human Givens present - **Rita Leaman** a psychotherapist and the Principle Practitioner of York Human Givens will talk on “**Men, Maturity and Masculinity**” .

Thursday 14 May – **Brian Elmer** a trained social worker with experience of leading support groups “**Men seeking Help**”.

Friday 15 May – **Rachael Clark**, York and District Mind’s Befriending Service Co-ordinator will talk on “**Befriending and the Circle of Friends approach**”.

You are personally Invited to Attend