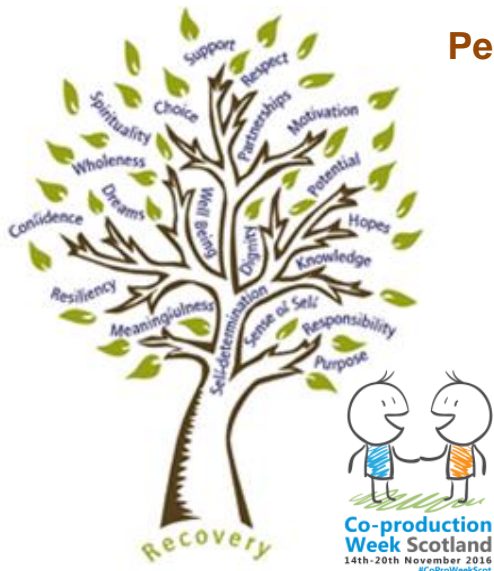


Recovery Happens

14th-20th Nov 2016

Join the conversation during 'Co-production Week Scotland' about how we can make mental health recovery a reality for everyone in Moray.



Recovery Café conversation events

These events are for anyone affected by mental health problems either now or in the past. This includes people who have personal experience of mental health problems as well as people who care for others who have poor mental health.

The events will be informal and relaxed, and will provide an opportunity for people to:

- Find out more about what helps people recover from mental health problems.
- Hear from others about their recovery journeys and what recovery means to them.
- Learn about how writing and sharing stories can help people in their recovery.
- Get information about the projects and resources that are available to maintain good mental health and wellbeing.
- Find out about #YouChoose a new Moray participatory budget fund for supporting community mental health initiatives.

Attend any event you like – let us know if you have any childcare or other needs.

#RecoveryMoray





Moray Recovery Roadshow

coming to a town near you...

TO BOOK CONTACT:
robert.stevenson@scottishrecovery.net

Mon 14th Nov		
Elgin-	1.30pm-4pm	Moray College H&S Room, IV30 1JJ
Elgin-	5.30pm-8pm	Elgin Library Activity Room, IV30 1HS
Tues 15th Nov		
Buckie-	1.30pm-4pm	Buckie Library, AB56 1HB
Lossiemouth-	5.30pm-8pm	Youth Café, IV31 6DF
Wed 16th Nov		
Buckie-	10.30am-1pm	Phoenix (fully booked)
Keith-	2.30pm-5pm	Sports & Community Centre Circular Room, AB55 5GT
Thurs 17th Nov		
Forres-	1.30pm-4pm	Community Centre Blue Room, IV36 1BU
Burghead-	5.30pm-8pm	Burghead Library, IV30 5UQ
Frid 18th Nov		
Dufftown-	2pm-4.30pm	Dufftown Library, AB55 4AB
Aberlour-	5.30-8pm	Sports & Community Centre AB38 9PN
Sat 19th Nov		
Cullen-	10am-12.30	Cullen Library, AB56 4AF
Fochabers-	2pm-4.30pm	29 High Street (ex shop)
Sun 20th Nov		
Tomintoul-	1.30pm-4pm	Richmond Hall, AB37 9EZ