

**WORKSHOPS for FAMILY CARERS**

There will be a speaker and opportunity for questions; lunch will be followed with time for discussion.

All 10am-3.30pm.

Thu 27th June: View Hotel Eastbourne BN21 4DN

* *Personality Disorders*

Fri 28th June: Royal Victoria Hotel Hastings TN38 0BD

* *The Police & Mental Health*

Tue 2nd July: Inglenook, Town Council Hailsham BN27 1AG

* *Younger People - CAMHS*

Thu 4th July: Royal Victoria Hotel Hastings TN38 0BD

* *Understanding Psychosis*

**Mental Health Family Carers’ Work-shops**

If you support someone who has mental health issues please come along!

Workshops are free but please book a place.

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Call or text

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