



**BETTER
PATHWAYS**
Positive about mental health



MHFA England

Your invited to our community COFFEE MORNING



Mental health awareness training at Better Pathways
Come and join us for coffee cake and a chat



When- Friday 26th October 2018 from 10:30am – 12:30pm

Where- Better Pathways 201-206 Alcester Street, Digbeth B12 0NQ

What – We are passionate about involving the local community to learn about the different mental health first aid training courses available for your organisation and discuss mental health in a friendly positive environment with our qualified instructors.

What better way to do this than over coffee and cake and a chat!

Why- To raise awareness about mental health, break the stigma around it and improve the understanding for people within the local community and Birmingham area.



Pop in at any time, we would love to see you!

For more info and course enquiries email - mhfa@betterpathways.org.uk
Or contact Kay Higgins at 07458-015942 Emma Heys at 07458 015 940