



Hampstead Garden Suburb Free Church

Central Square, NW11 7AG

MENTAL HEALTH AWARENESS WEEK

May 8-14th 2017

A programme of events in the church during this week:

Monday 8th 10-12.00 Seminar: Spirituality & Mental Illness
Rev Dr Ian Tutton

Tuesday 9th 10-12.00 Market Place & Coffee Morning
Organisations in Barnet sharing information
about resources for mental wellbeing, health and illness.

Thursday 11th 10-12.00 Carers Coffee morning

Friday 12th 10-12.00 Meditation & Mindfulness

Sunday 14th 11.00am Junior Church Festival
Mental health & wellbeing in children and young people

Hampstead Garden Suburb Free Church collaborating with:
Mind in Barnet, Inclusion Barnet - Wellbeing Hub, Patient Voice, Barnet Carers Centre,
Barnet Refugee Service

