

Mental Health Carers Group

Agenda

July - December 2009

Our Carers Group is held on the **1st Tuesday of every month at 7pm** in
The Charleston Centre, Neilston Road, Paisley.

- ⊙ Tuesday 7th July ACUMEN Network
- ⊙ Tuesday 4th August Benefit Advice Surgery
- ⊙ Tuesday 1st September Andrew Walker, Pharmacy Manager
Q&A on Psychiatric Medication
- ⊙ Tuesday 6th October The Carers Advocacy Project
- ⊙ Tuesday 3rd November Relaxation Therapies
- ⊙ Tuesday 1st December Carers Christmas Shindig!

For more information on the Mental Health Carers Group or information on any of the events above, please contact the Mental Health Development Team or come along on the night.

Tel: 0141 842 3400



Supported by:

