



# FREE MENTAL HEALTH AWARENESS COURSE

**SATURDAY 22<sup>ND</sup> JUNE 2019**  
**9.30 AM – 12.30**

**HIGH NEWTON VILLAGE HALL**

With statistics of one in four adults being affected by mental health issues, we need to know more.

Help us to spread the Mental Health awareness and understanding by attending this course presented **free** by MIND South Lakes. **Places are limited to 16** and will be operated on a first come first served basis.

This course will provide you with an accredited qualification:  
***NCFE Level 1 Award in Mental Health Awareness***  
which is part of the Qualifications and Credit Framework (QCF).

Please contact Tricia Calway <mailto:tcalway@me.com>  
07949 140108 for bookings and further information