

YOU OK, MATE?

**Need to talk?
Need any help?**



Date	Time	Event Type	Location
Thursday 21st May	5-7pm	Mental Health Awareness	West Bromwich Community Centre, Gayton Road, B71 1QS
Friday 22nd May	2-4pm	Mental Health Awareness	Independent Living Centre, Smethwick B66 1JE
Tuesday 26th May	1.30-3.30pm	Mental Health Awareness	YMCA, 38 Carters Green, West Bromwich B70 9LG
Thursday 28th May	6-7pm	Mental Health Awareness	Online
Monday 1st June	11.30-1.30pm	Mental Health Awareness	Let's Chat Community Hub, Sandwell Centre, B70 7NN
Wednesday 3rd June	10-12pm	Healthier Habits + Positive Changes	Burberry Court Office, Shakespeare Road, Tipton DY4 0SG
Wednesday 10th June	11-2pm	Engagement	Brasshouse Community Centre, Smethwick B66 1BA



Call: 0121 726 3983
Text 'MATE' to 07821668092 or 85258
Email: contactifa@idealforall.co.uk
Social media: @idealforall

