

Mental Health Awareness Week

Thursday 16 May 10am – 4pm

Trelil Court

Agenda

Time	Activity
<i>All day</i>	Mental health marketplace Meet staff from Cornwall Mind, Talking Therapies, Georgia's Voice, Complex Emotional Difficulties Team, Pentreath and Chaos
<i>All day</i>	Drop-in art and gardening activities Creative sessions with resource centre team
<i>11am – 12pm</i>	Art session Creative session for wellbeing
<i>12.30 – 13.30</i>	Community lunch An informal community lunch
<i>13.30 – 15.00</i>	Interactive music session Take part in an interactive session with practitioners from Music for Good
<i>15.30 – 16.00</i>	Relaxation session Unwind before the end of the day
<i>16.00</i>	Close

We look forward to welcoming you to this event and hope you can join us for discussion, one of our wellbeing sessions and a cream tea!