

FINDING POSITIVE SOLUTIONS TO LIFE'S CHALLENGES

COME TOGETHER TO SHARE
EXPERIENCES, IDEAS AND HOPE

Speakers ○ Workshops ○ Activities

Join us

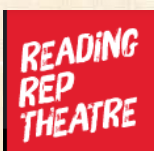
10:30 am – 3 pm

Friday 17th May

FREE
EVENT

Watlington House
44 Watlington St, RG1 4RJ

(town centre location, within easy access of main bus routes)



In recognition of Mental Health Awareness Week & Dying Matters Week 13 -17 May

**FREE
EVENT**

Programme

- 10:30 am Welcome
- 11 am Speakers share their stories
Taster sessions and activities
- 12 pm Confidence workshop with
Reading Rep Theatre
- 1:15 pm Speakers share their stories
Therapeutic Writing Workshop
Taster sessions and activities

- ❖ **CREATIVE ACTIVITIES.....**
- ❖ Run by Compass Recovery College:
 - ◆ art, mindfulness, Wellness Recovery Action Planning, and much more.....
- ❖ **PLUS.....**
- ❖ Life story stall from Museum of English Rural Life
- ❖ Bring a picnic and enjoy the beautiful walled garden (Weather permitting)



For more information or to book onto a workshop please contact:

Wellbeing Team:
Wellbeing.service@reading.gov.uk

Or call the Wellbeing Team on:
0118 937 2383

Access to the venue:

The venue is located within walking distance of main bus routes (3, 10A, 13, 17 and 19A). There are small steps into the hall, which may cause difficulties for some people.

