

Free Mental Health Awareness Training for volunteers

Mental Health Aware, 4 hour Zoom Course - to increase awareness
& help understand how to look after wellbeing & challenge stigma



Friday 20th November 9.30am-1.30pm

First Come First Served. Deadline Midday 12 Nov Sign up here:

<https://forms.gle/vfcgiiV8PG3GPuD38>

Please be sure you can attend when you sign up.

In Partnership with:



East
Cambridgeshire
District Council
www.eastcambs.gov.uk

East Cambs
Parish &
Community
Forum



Cambridgeshire
County Council