









## **GOOD RELATIONS PROGRAMME:**

COME ALONG & JOIN AN EXCITING NEW PROJECT:

THERE'LL BE MUSIC MAKING WORKSHOPS, A RANGE OF INTERESTING SPEAKERS & INFORMATIVE TALKS, WE'LL VISIT NEW & EXCITING PLACES, THERE'LL BE TASTY FOOD AND WE HOPE TO CREATE OPPORTUNITIES FOR GOOD BANTER & FELLOWSHIP BETWEEN PARTICIPANTS.

OPEN TO YOUNG PEOPLE AGED 11-18 YEARS AND OLDER PEOPLE AGED 60 PLUS.



FOR MORE INFORMATION OR TO REGISTER YOUR INTEREST CONTACT MICHAEL ON 028 677 23884 OR 07709134215







## BEYOND 2020 VISION: MUSIC, MAKING & MENTAL HEALTH

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FOR MORE INFORMATION
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CONTACT MICHAEL ON
CONTACT 23884 OR
028 677 23884 215
07709134215

**COMMENCING: AUG 2021** 





## OUR MENTAL HEALTH IS OUR WEALTH

4 X WEEKLY WORKSHOPS:

A NEW & ENGAGING WAY TO EXPLORE YOUR MENTAL HEALTH & WELLBEING