

# We all need someone to talk to.



## Mental Health drop-in sessions

**THE QUESLETT, QUESLETT ROAD EAST,  
SUTTON COLDFIELD, B74 2EY.**

Why not join us for a chat, talk about issues and worries or just to connect and feel supported.

There will also now be support provided at these sessions to help anyone with any worries or concerns relating to bills. With the continued cost of living crisis, we have a specialist in bill management joining us, so come along and see how we can help. You could even save money! Tea/coffee will also be provided.

### UPCOMING DATES

Saturday 23rd September  
Saturday 14th October  
Saturday 18th November  
Saturday 16th December  
Saturday 20th January

**Just drop-in, no booking needed, we're here to support you. Just ask for John and/or Carrie if needed when you arrive!**

**More dates to follow after January 2024..**

**Session times:  
Saturdays - 10am to 12noon**

with multi-award  
winning training  
provider



JPF  
**First Aid**

**more information at [www.jpffirstaid.co.uk](http://www.jpffirstaid.co.uk)**