



change
MENTAL HEALTH

CARA group with
carers
peer support

running every six weeks at stafford centre

From Tuesday 25th April, 4.30 to 6.30pm
103 Broughton St, Edinburgh, EH1 3RZ

Call 0131 557 0718 for more information
or email Ana.Eales@changemh.org

Our group is open to all carers supporting a person with mental health difficulties aged 18 and over. Peer support invites people to use their own experiences to help each other.

www.changemh.org