



coping with self harm

Recognise
Understand

Talk
Share

Cope

For adults directly or indirectly affected by self harm

Date	Location
Friday 1st March 11:00 - 13:00	Elgin Community Centre Trinity Road, Elgin
Saturday 2nd March 14:00 - 16:00	Mental Health & Wellness Centre Batchen Street, Elgin
Monday 4th March 11:00 - 13:00	Elgin Library Cooper Park, Elgin
Tuesday 5th March 14:00 - 16:00	Moray College UHI Moray Street, Elgin
Wednesday 6th March 17:30 - 19:30	Moray Resource Centre Maisondieu Road, Elgin

For more information or to book a place, please contact:

Mental Health & Wellness Centre, 30-32 Batchen Street, Elgin IV30 1BH

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