

# Explore who & how to share your life challenges with

# HOP

Feel empowered & challenge self-stigma

.Honest . Open . Proud.

## FREE Peer-led workshop

Friday 15th, 6-8pm) & Saturday 16th  
February, 10-3.30pm 2019

*\*Safe & judgement-free space\**

*\*Focus on supporting when & how to share  
mental health (inc. addiction) challenges\**



**Booking essential - more information  
online: [moraywellbeinghub.org.uk](http://moraywellbeinghub.org.uk)**

*£5 refundable reservation fee*

 07989331651

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