

Autumn Events Timetable

Offer	Location	Time	Date	Cost	Booking Link
Suicide Awareness				Free	, and the second
Overview	Online	12:30-13:30	9th September, 2022	Donations welcome	Suicide Awareness Overview. More details and booking
				Free	
Sleep and Wellbeing	Online	11:30-12:30	30th September, 2022	Donations welcome	Sleep and Wellbeing. More details and booking
	0 "	44.00.45.00	711 0 1 1 2000	600	
Mental Health Awareness	Online	14:00-15:00	7th October, 2022	£30	Mental Health Awareness. More details and booking
East Hants Mind	Atrium Lakeside	10.00.17.00	4011 0 1 1 0000		
Information Stand	North Harbour	10:00-16:00	10th October 2022	N/A	Drop In
AU 1	Rowan Room				
All about East Hants	<u>Lakeside North</u>	10.00.10.00	1011 0 1 1 0000	Free	
Mind's free services	<u>Harbour</u>	13:00-13:30	10th October 2022	Donations welcome	Learn more about East Hants Mind's free services. More details and booking
East Hants Mind	Atrium Lakeside	10.00.17.00	4711 0 1 1 0000	N1 / A	
Information Stand	North Harbour	10:00-16:00	17th October 2022	N/A	Drop In
East Hants Mind	Atrium Lakeside	10.00.17.00	0.411 0.4.1 0.000	N1 / A	
Information Stand	North Harbour	10:00-16:00	24th October 2022	N/A	Drop In
	Rowan Room				
NA	<u>Lakeside North</u>	12.00.14.00	244- 0-4-1 2022	Free	Name attended to Name at Arthurs at the attended
Managing Anxiety	<u>Harbour</u>	13:00-14:00	24th October 2022	Donations welcome	Managing Anxiety. More details and booking
East Hants Mind	Atrium Lakeside	10.00.17.00	21-1-0-1-12022	Free	Dana la
Information Stand	North Harbour	10:00-16:00	31st October 2022	Donations welcome	Drop In
	Rowan Room				
A + !	<u>Lakeside North</u>	12.00.14.00	21-1-0-1-12022	Free	According to the control of the cont
Assertiveness	<u>Harbour</u>	13:00-14:00	31st October 2022	Donations welcome	Assertiveness for work and wellbeing. More details and booking
Assertiveness for	Outline	14.00.45.00	Oth D 2000	620	According to the second of the
Wellbeing	Online	14:00-15:00	9th December 2022	£30	Assertiveness for Work and Wellbeing. More details and booking
Loneliness and Isolation	0.11	44 00 40 00	4/11 D 1 0000	Free	
and our Mental Health	Online	11:30-12:30	16th December 2022	Donations welcome	Loneliness and Isolation. More details and booking