

Join Us to Celebrate Mental Awareness Week

Saturday 6th May 2017	Walk Out Of Darkness	Eastside Park to Cannon Hill Park, Birmingham. Sign Up here: https://www.eventbrite.co.uk/o/walking-out-of-darkness-10883871498
Tuesday 9th May 2017	Open Mic Event	Thrive Open Mic night at Café Oikos, High Street, Erdington (Inc. 30 min set from Call Me Unique)
Thursday 11th May 2017	Thriving at the Zellig	Draw a label for a branch of our Surviving or Thriving Tree — Join our free Junk Modelling Workshop from 1pm -3pm make a creation out of junk or come and have a free cuppa and a chat.
Friday 12th May 2017	Thriving at the Zellig	Info stalls and Arts/Crafts activities at the Zellig Atrium space at the Custard Factory.



**SURVIVING OR
THRIVING?**

If you would like to know more about any
of our open public events:

Please contact us on **0121 608 8001** or
info@birminghammind.org