

Mental health in our meetings

Opening the door to talking about mental health

A new 2.5-hour workshop for Quaker meetings from the Quaker Life Network

The *Opening the door* workshop is for everyone who is part of the Quaker community.

Participants will learn about mental health in a Quaker context. Experience or prior knowledge is not necessary. Make a request for a workshop in your Quaker community at:

<https://forms.quaker.org.uk/opening-the-door>

Or contact Oliver Waterhouse:

oliverw@quaker.org.uk, 020 7663 1007

