

# A Day Retreat for Quakers who work in mental health

10.30am – 4.30pm, Saturday, 29 February 2020  
at Edgbaston Meeting House, Birmingham

*Come and share a day of worship, reflection, sharing, connections and gentle activities.*

There is no charge for the day – but please book a place.

There will be lunch and you will be asked to pay for this on the day.

To book, visit: <http://bit.ly/quaker-mh-day-retreat>

For more information contact Alison Mitchell:  
[mhdo@retreatyorkbfund.com](mailto:mhdo@retreatyorkbfund.com)

The year has given you an extra day  
– use it to care for yourself!



Funded by The Retreat York Benevolent Fund

The Retreat York  
**Benevolent Fund**

Funding initiatives to support good mental health across the Quaker network



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