

# time to change west sussex

let's end mental health discrimination

...Supported by Coastal West Sussex Mind

## Join us in Midhurst during Mental Health Awareness Week

May  
14th-20th  
2018

Tuesday 15th May, 1pm-5.45pm  
The Grange Leisure Centre, Midhurst, GU29 9HD

All free activities and refreshments. All welcome



Our pebble painting activity is part of the West Sussex Rocks mental health anti-stigma campaign. Find out more at [facebook.com/westsussexrocks](https://facebook.com/westsussexrocks)

Yoga taster sessions  
Singing taster sessions  
Face painting  
Pebble painting  
2pm: Find out about the Pathfinder Alliance  
3pm: Free cream tea and performances by local musician Luisa Garcia  
Come and see our 'Rural Minds Matter' bus  
Lots of information on mental health

Visit: [coastalwestsussexmind.org/get-involved/time-to-change-west-sussex](https://coastalwestsussexmind.org/get-involved/time-to-change-west-sussex)