



Compass
RECOVERY COLLEGE

 **Reading**
Borough Council
Working better with you

Information and Registration: Sept 6th and Oct 4th



Interested in improving your mental health and wellbeing?

We offer FREE mental health and wellbeing workshops, both online and in person for people 18+.

Everyone is welcome, whether affected directly or indirectly by mental ill health. So if you are struggling yourself, or perhaps you are a carer, family member or professional who would like to know more about mental health and wellbeing, we can help.

Come along to one of our Information and Registration sessions to meet the team, hear more about the team and register for your chosen workshops.

**Sept 6th and Oct 4th
Broad street mall, Ground floor
1- 3pm**

Register with us, free to join



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