



Compass  
RECOVERY COLLEGE

 **Reading**  
Borough Council  
Working better with you

# Understanding your Mental Health Medication: 4th October



Facilitated by a pharmacist, this workshop is designed to help you understand how your medication works, the importance of taking it as prescribed, and how not taking it as prescribed can increase your problems.

Tuesday 4th October  
1 workshop  
Online  
15:30-17:00

Enrol with us, free to join

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