

Come along to our free online workshops!

**Challenging Stigma and
Discrimination:**

7th Oct, 10am-12pm

22nd Oct, 4pm-6pm

Social Contact:

14th Oct, 10am-12pm

29th Oct, 4pm-6pm

To book a space visit:

<https://www.lancashiremind.org.uk/pages/195-events>



time to change

**blackburn
with darwen**

let's end mental health discrimination

