

# Motivational Support Group

The African and African Caribbean communities are invited to come and share ideas around depression, anxiety, stress and culturally appropriate services in a supportive environment.



**Commencing: Monday 4th June 2007**

**12.30—2.30pm**

**Room 6, Zion Community Resource Centre**



**First Session: Monday 4th June 2007**

**Food and Mood advice including taster session**

**Snacks and refreshments will be available**

**For further information, contact: 0161 226-9562**

**African and Caribbean Mental Health Services  
Zion Community Resource Centre  
339 Stretford Road, Hulme, Manchester, M15 4ZY**