



Peer Connecting

Black and Minority Ethnic communities East Lothian

If you are experiencing:

- cultural and/or language barriers;
- anxiety for family and friends;
- the need for communication;
- feelings of uncertainty and despair.

Health in Mind provides individual and group support.

You're not alone! We can offer friendly meetings over a cup of tea to help you raise morale, connect with others and talk about how you feel.

When: Start 24 January 2023 (8 Weeks)

Time: 5-6:30pm

Where: Volunteer Centre East Lothian, 56 High Street, Tranent

Please register by contacting Agata

Call: 07741744074 (in Polish and English)

www.health-in-mind.org.uk



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