

# Mind in Bexley Open Spaces

Alers Road Allotment Open Monday & Thursday 10am until  
1pm

Mind Eco Garden Open Friday 12noon until 2pm



## **Free Eco-therapy Workshop**

**Mind in Bexley Garden**

**Friday 3<sup>rd</sup> August 10.30am**

Find out the benefits of improving your wellbeing, reduce  
Isolation, negative thoughts and emotions.

Hear about peer support and training through various  
workshops in a safe and enjoyable environment to support  
and improve knowledge and skills for employment  
opportunities.

Promote personal growth, healthy eating and healthy living.

**For further information and register your place please  
contact Mind in Bexley on  
020 8303 5816 (option 1).**