

Bury Involvement Group in Mental Health

Promoting good mental health recovery



BIG IN RECOVERY

Come along and meet others who experience mental health problems to discuss topics with consultant psychiatrists and other professionals.

Join us every week on a Tuesday evening

at

6.30pm - 8.30pm

BIG IN ANXIETY

Do you suffer from anxiety?

Join us every other Thursday evening commencing 5th January 2012

at

6.30pm - 8.30pm

BIG IN SOCIAL

Come along for an informal chat, or to join in activities such as art, music, games

Join us every week on a Sunday afternoon

between

1pm - 3.30pm

All groups are held in the Community Room at Bury Fire Station, The Rock, Bury.

(Entrance is to the rear of the station)

It is free to attend and open to any adult who lives in the Borough of Bury

For further information please contact

Tel: 07758737616

www.buryinvolvementgroup.org e-mail: mentalhealth@buryinvolvementgroup.org

JANUARY 2012

MON	TUE	WED	THUR	FRI	SAT	SUN
30	31 BIG IN RECOVERY					1 BIG IN SOCIAL
2	3 BIG IN RECOVERY	4	5 BIG IN ANXIETY	6	7	8 BIG IN SOCIAL
9	10 BIG IN RECOVERY	11	12	13	14	15 BIG IN SOCIAL
16	17 BIG IN RECOVERY	18	19 BIG IN ANXIETY	20	21	22 BIG IN SOCIAL
23	24 BIG IN RECOVERY	25	26	27	28	29 BIG IN SOCIAL

FEBRUARY 2012

MON	TUE	WED	THUR	FRI	SAT	SUN
		1	2 BIG IN ANXIETY	3	4	5 BIG IN SOCIAL
6	7 BIG IN RECOVERY	8	9	10	11	12 BIG IN SOCIAL
13	14 BIG IN RECOVERY	15	16 BIG IN ANXIETY	17	18	19 BIG IN SOCIAL
20	21 BIG IN RECOVERY	22	23	24	25	26 BIG IN SOCIAL
27	28 BIG IN RECOVERY	29				

MARCH 2012

MON	TUE	WED	THUR	FRI	SAT	SUN
			1 BIG IN ANXIETY	2	3	4 BIG IN SOCIAL
5	6 BIG IN RECOVERY	7	8	9	10	11 BIG IN SOCIAL
12	13 BIG IN RECOVERY	14	15 BIG IN ANXIETY	16	17	18 BIG IN SOCIAL
19	20 BIG IN RECOVERY	21	22	23	24	25 BIG IN SOCIAL
26	27 BIG IN RECOVERY	28	29 BIG IN ANXIETY	30	31	

APRIL 2012

MON	TUE	WED	THUR	FRI	SAT	SUN
30						1 BIG IN SOCIAL
2	3 BIG IN RECOVERY	4	5	6	7	8 BIG IN SOCIAL
9	10 BIG IN RECOVERY	11	12 BIG IN ANXIETY	13	14	15 BIG IN SOCIAL
16	17 BIG IN RECOVERY	18	19	20	21	22 BIG IN SOCIAL
23	24 BIG IN RECOVERY	25	26 BIG IN ANXIETY	27	28	29 BIG IN SOCIAL

MAY 2012

MON	TUE	WED	THUR	FRI	SAT	SUN
	1 BIG IN RECOVERY	2	3	4	5	6 BIG IN SOCIAL
7	8 BIG IN RECOVERY	9	10 BIG IN ANXIETY	11	12	13 BIG IN SOCIAL
14	15 BIG IN RECOVERY	16	17	18	19	20 BIG IN SOCIAL
21	22 BIG IN RECOVERY	23	24 BIG IN ANXIETY	25	26	27 BIG IN SOCIAL
28	29 BIG IN RECOVERY	30	31			

JUNE 2012

MON	TUE	WED	THUR	FRI	SAT	SUN
				1	2	3 BIG IN SOCIAL
4	5 BIG IN RECOVERY	6	7 BIG IN ANXIETY	8	9	10 BIG IN SOCIAL
11	12 BIG IN RECOVERY	13	14	15	16	17 BIG IN SOCIAL
18	19 BIG IN RECOVERY	20	21 BIG IN ANXIETY	22	23	24 BIG IN SOCIAL
25	26 BIG IN RECOVERY	27	28	29	30	