

BIG in RECOVERY

DATE	TOPIC OF DISCUSSION
Tuesday 7th February	Personality Disorder - Dr Sadiq
Tuesday 14th February	Military Veterans and Mental Health
Tuesday 21st February	Eating Disorders - Dr Sadiq
Tuesday 28th February	Fire Safety
Tuesday 6th March	Medications - Dr Sadiq
Tuesday 13th March	Choices - Pauline Fletcher
Tuesday 20th March	Self Harm - Dr Sadiq
Tuesday 27th March	Service users experience
Tuesday 3rd April	Coping with Change - Dr Sadiq
Tuesday 10th April	To be confirmed
Tuesday 17th April	Relationships - Dr Sadiq
Tuesday 24th April	To be confirmed
Tuesday 1st May	Stress Management - Dr Sadiq
Tuesday 8th May	To be confirmed
Tuesday 15th May	Self Disclosure - Dr Sadiq
Tuesday 22nd May	To be confirmed
Tuesday 29th May	Dark side of human relationships

Meetings are held every Tuesday evening in the community room at Bury Fire Station

6.15pm - 8.15pm

www.buryinvolvementgroup.org

Tel: 07758737616

e-mail: mentalhealth@buryinvolvementgroup.org

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