



## Autumn Events Timetable

Offer	Location	Time	Date	Cost	Booking Link
Suicide Awareness Overview	Online	12:30-13:30	9th September, 2022	Free Donations welcome	<a href="#">Suicide Awareness Overview. More details and booking</a>
Sleep and Wellbeing	Online	11:30-12:30	30th September, 2022	Free Donations welcome	<a href="#">Sleep and Wellbeing. More details and booking</a>
Mental Health Awareness	Online	14:00-15:00	7th October, 2022	£30	<a href="#">Mental Health Awareness. More details and booking</a>
East Hants Mind Information Stand	<a href="#">Atrium Lakeside</a> <a href="#">North Harbour</a> <a href="#">Rowan Room</a>	10:00-16:00	10th October 2022	N/A	Drop In
All about East Hants Mind's free services	<a href="#">Lakeside North Harbour</a>	13:00-13:30	10th October 2022	Free Donations welcome	<a href="#">Learn more about East Hants Mind's free services. More details and booking</a>
East Hants Mind Information Stand	<a href="#">Atrium Lakeside</a> <a href="#">North Harbour</a>	10:00-16:00	17th October 2022	N/A	Drop In
East Hants Mind Information Stand	<a href="#">Atrium Lakeside</a> <a href="#">North Harbour</a> <a href="#">Rowan Room</a> <a href="#">Lakeside North Harbour</a>	10:00-16:00	24th October 2022	N/A	Drop In
Managing Anxiety	<a href="#">Lakeside North Harbour</a>	13:00-14:00	24th October 2022	Free Donations welcome	<a href="#">Managing Anxiety. More details and booking</a>
East Hants Mind Information Stand	<a href="#">Atrium Lakeside</a> <a href="#">North Harbour</a> <a href="#">Rowan Room</a> <a href="#">Lakeside North Harbour</a>	10:00-16:00	31st October 2022	Free Donations welcome	Drop In
Assertiveness	<a href="#">Lakeside North Harbour</a>	13:00-14:00	31st October 2022	Free Donations welcome	<a href="#">Assertiveness for work and wellbeing. More details and booking</a>
Assertiveness for Wellbeing	Online	14:00-15:00	9th December 2022	£30	<a href="#">Assertiveness for Work and Wellbeing. More details and booking</a>
Loneliness and Isolation and our Mental Health	Online	11:30-12:30	16th December 2022	Free Donations welcome	<a href="#">Loneliness and Isolation. More details and booking</a>