



**Saheli – Empowering Women to make Informed Choice**

**10 October is World  
Mental Health Day**



*Mental health problems can affect anyone, any day of the year, but 10 October is a great day to show your support for better mental health and start looking after your own wellbeing.*

**SEMINAR INVITATION**

Enfield Saheli invites you to  
An inter active discussion on  
Good Mental Health.

**Friday - 6<sup>th</sup> October 2017**

**From: 11am to 2pm**

The seminar will also highlight the personal stories of  
people who are surviving or Thriving

Further information & to book a space

**Call: 0208 373 6218**