

Timeline.....
YOU Inc
Mental Health Awareness Day
29th February 2020

- 10.30am: Meet and Greet Welcome
- 11 -12pm: Guest Speaker Bridgette (Live streamed)
- 12-12.15pm: Question Time (Live streamed)
- 12.15-1.00pm: Lunch and Trade Displays
- 1.15-2.30pm: Panel Coping Skills, hints and tips (Live streamed)
- 2.30-3pm: Mitrofanoff Group will discuss setting up a support group
- Close: Thanks, Drawing of Door Prize



We would like to express our gratitude to the Trade Companies for always being a wonderful support for our group, thank YOU !

Salts/Welland, Dansac/ Hollister, Convatec, Omnigon and
Future Environmental Services, Coloplast