



# Mother and Child Welfare Organisation

CREATING A BRIGHTER TOMORROW

202 Uxbridge Road, W12 7JP

**“Your health is our health”**

**“Caafimaadkaaga, waa caafimaadkayaga”**

**Coffee Morning and Lunch**

**Tuesday 14th October, 11am - 3pm**

- Hear from a Community Mental Health Link Worker from the H&F North Mental Health Integrated Network Team, who will describe the support that is available
- Share your experiences and talk openly about mental health, wellbeing, and life's challenges in a supportive and understanding space.
- Stay for lunch and the chance to meet others from the community, and make new friends.

This relaxed, friendly event is a safe space to connect, share, and support one another.

Everyone is welcome!

for more information contact us on [info@macwo.org](mailto:info@macwo.org) or  
020 82489755

