



**Diwali**

**REWT and MHST present...**

# **BREAK THE STIGMA**

**A FREE community event!**

**WHEN?**

**Thursday 31st October 2pm-5pm**

**WHERE?**

**Cranbrook Walk Entrance, Ilford  
Exchange, 112 High Road, Ilford IGI IRS**

**JOIN US FOR FUN AUTUMN ACTIVITIES AND  
CONVERSATIONS ABOUT LOOKING AFTER  
YOUR MENTAL HEALTH AND WELLBEING.  
RIASS WILL BE AVAILABLE TO PROVIDE FREE  
AND IMPARTIAL LEGALLY BASED ADVICE AND  
INFORMATION TO PARENTS AND CARERS OF  
YOUNG PEOPLE (0-25) WITH SPECIAL  
EDUCATIONAL NEEDS AND DISABILITIES  
(SEND).**



**#BREAKTHESTIGMA**

