



Supporting Relationships & Families Seminar 2017

Date: February 25th 2017

Time: 10 am – 2pm

Venue: York Gardens Library, 34 Lavender Road London SW11 2UG

Theme: “Mental Health Issues Let’s talk about it” – PART 2

It is 2017 and talking about Mental Health issues still feels like something people think only happens to others or do not understand what it really is or how it affects us as a community so...

Let’s talk about it!

In this second seminar of “MHI Let’s talk about it” Olivia will explore:

- How to deal with early signs of Mental Health Issues
- How can we deal with the stigma?
- How Mental Health issues can affect our relationships in regards to our attachments

This seminar will aim to open up discussion about why Mental Health Issues are not openly spoken about in the wider community.

Facilitator; Olivia Haltman

Olivia Haltman is a self-employed Humanistic Integrated Counsellor (accredited MBACP) with 10 year’s experience in various fields such as Domestic Violence, Sexual Abuse, African/Caribbean community, Identity and working with young people.

She is also an EMDR (Eye Movement Desensitization Reprocessing) Therapist working with Trauma clients.

She is very passionate about self-development and provides workshops for several organisations such as City and Hackney Mind, NIA and Kinetic Roots Services. She supports community organisations by providing workshops in the UK and abroad and also volunteers as a mentor and consultant to set up projects and events.

Her private practice is called OH Services (www.counselling-workshops.co.uk) and was set up in 2010 and is mainly run in South and North London

<p>Name.....</p> <p>Address.....</p> <p>..... Tel.....</p> <p>Email</p> <p>Occupation.....</p> <p style="text-align: center;">Please make cheques payable to SRF Fee: £20 NON Members – Members £15, Students & OAPS £10</p>
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