



listening ear

Open Day

Thursday 22nd August

12-2pm

Hilton Church

Tomatin Rd, Inverness IV2 4UA



Programme

12

Welcome, introductions & refreshments

12:15

Lunch, Mosaic with Sally Purdie, meet others & browse Information tables

13:00

Short talks (focusing on Mental Health & wellbeing, Chaplaincy & Listening)

13:30

Further opportunity to browse information tables, meet others or engage in the mosaic

Throughout the afternoon we will have a private room and members of our listening ear and chaplaincy team available for anyone who would like a time to be listened to in confidence.

We're here to listen.

Join us at Hilton Parish church for an open day hosted by us at Listening Ear!

Our open day is an opportunity to find out what help and support is available in your local area and city wide, meet others, find out about our Listening Ear drop-in, enjoy lunch, hear talks and engage in making a mosaic with Sally Purdie.

There will be a wide range of different agencies and information available on the day to help you or your family find support; including on bereavement & grief, debt & financial help, mental health & wellbeing services and supports for children, families & young people.

We look forward to sharing with you and welcoming you!

The Listening Ear Team at CCC