



For better  
mental health

**Mind in Ealing and Hounslow**

# **ADVOCACY**

**Thursdays**

**1PM TO 2PM**

**With Ann Owen**



The Mac Centre  
The Lido  
63 Mattock Lane  
West Ealing  
W13 9LA

**Directions: Off Northfields Avenue (opp. Deans Garden)  
Local Buses E3, E2, E8, 83, 207, 427**

For more information please call:

**Ann Owen 020 8843 0532 / 07949 031 182 (Advocate)  
Desmond Richards / Nelly Hovsepyan MAC Centre: 0208 280 2248/49**