



**SHARE**Community

Self Help Association for Rehabilitation  
and Employment for People with Disabilities

**Focus on ability**



## **Garden Project Open Day**

**Wednesday 21st April, 10am-3pm**  
**Springfield Hospital, Tooting**

- \* find out about the training and support we offer to adults suffering from Depression and other mental health issues
- \* hear about the mental health benefits of gardening
- \* learn about the Mental Health Recovery Star model
- \* meet some of our students

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