



The Premier Mind & Soul Conference 2014

With expert speakers:
Revd Will van der Hart,
Dr Kate Middleton,
Jonathan Clark &
Dr Rob Waller

emotions

Perfection
Stress
Worry
& Guilt

This conference will help you to understand the rightful role of emotions in your life and the lives of others, as well as equip you with the tools you need to manage negative emotions.

Come and discover practical ways in which you can take care of your emotional wellbeing: for anyone interested in a Christian response to mental health.

Saturday 11th October 2014, 9:30am – 5pm

St Mary's, Wyndham Place, York Street, London W1H 1PQ

Early bird: £25 (before 1st September) Standard ticket: £30

Service users, carers and unwaged: £20

Book online now: premier.org.uk/emotions

Premier.

mind&soul
exploring christianity and mental health