

# Derbyshire Federation for Mental Health



## Supporting Mental Health Through Menopause



**Free Workshop**  
**Tuesday 13th**  
**May**

**10am - 12pm**

**The Club Room**  
**Wirksworth Town**  
**Hall, Coldwell**  
**Street, DE4 4EU**

**For more information or to book a place contact:**

**sarahlowe@dfmh.co.uk**

**Phone: 01629 733915**



Company No 5758432  
Charity No 1117141

    
Derbyshire County Council  
Public Health Funding



**Tuesday 13th May 10am – 12pm** The Club Room, Wirksworth Town Hall, Coldwell Street, DE4 4EU.

# Derbyshire Federation for Mental Health



## Supporting Mental Health Through Menopause



**Free Workshop**  
**Wednesday 14th**  
**May**  
**1pm - 3pm**

**Greenaway**  
**Wellbeing Hub,**  
**Old School Close,**  
**Matlock, DE4 2PT**

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**Wednesday 14th May 1pm-3pm** Greenaway Wellbeing Hub, Old School Close, Matlock, Derbyshire, DE4 2TP.

This workshop provides information, tools and strategies to support mental health during menopause.

For more information or to book a space you can contact Sarah at [sarahlowe@dfmh.co.uk](mailto:sarahlowe@dfmh.co.uk) or call the main office on 01629 733915