

# St Albans Bipolar Group



**St Albans Bipolar UK Self Help Group**  
- We are proposing to set up a self help group for people in the St Albans area who are affected by bipolar. The group will meet at least once a month in a central location. The potential benefits of attending a self-help group meeting include:

- Finding people to talk to
- Obtaining practical advice
- Accessing useful information
- The chance to participate in social activities
- Hearing from invited speakers about topics of interest

The group will be open to anyone affected by bipolar; this includes partners, friends, family members and informal carers.

We know that many people find attending a group extremely helpful so if you are interested, do come along to an initial meeting on Wednesday 14<sup>th</sup> March 2012 at Fleetville Community Centre, Royal Road, St Albans AL1 4QL at 6:30 pm.

More information via Janet Conway  
Tel: 01270 230 260.



Source: [www.houlston.freeserve.co.uk/mental.htm](http://www.houlston.freeserve.co.uk/mental.htm)