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Triologue is an open collective discussion on mental health in your community. It is open to all: anyone who has experienced mental distress, supporters, family members and professionals. The aim is to come together as equals and learn from each others point of view. The topic for discussion is decided by the group. There is no onus on you to talk; but we do ask you to listen.

**ALL ARE WELCOME!**

Triologue is facilitated by a network of local service users, family members and mental health professionals. Light refreshments provided. This initiative is supported by the HSE & DCU. Enquiries: [navantrialogue@gmail.com](mailto:navantrialogue@gmail.com)

**2019**

**28<sup>TH</sup> JAN, 25<sup>TH</sup> FEB, 27<sup>TH</sup>  
MARCH, 29<sup>TH</sup> APR, 27<sup>TH</sup>  
MAY, 30<sup>TH</sup> SEPT, 21<sup>ST</sup> OCT,  
25<sup>TH</sup> NOV**

**@6.30-8PM**

**NEWGRANGE HOTEL  
NAVAN**