

# Choices in Approaches Event

Creating a local alternative to  
conventional mental health services

Meet Wednesday 9<sup>th</sup> April 2014, 11am – 3pm

In the Ballroom, Wonford House Hospital, Dryden Road, Exeter  
EX2 5AF

'Hope, choice, control'

'Being with rather than doing to'

What would we like to create together? Bring your ideas.  
Join us in the morning to hear from Tamasin Knight about her  
experiences looking at 'alternatives' in America. Please see  
Tamasin's blog [www.alternativeroutestorecovery.wordpress.com](http://www.alternativeroutestorecovery.wordpress.com)

Join us in the afternoon to hear about the Soteria Approach  
and for a workshop on how to turn an idea for an alternative  
into a reality together.

A springboard to action locally.

**All Welcome.**

**Please book if you can so we know how many sandwiches to  
get for lunch.**

Contact: Margaret [info@soterianetwork.org.uk](mailto:info@soterianetwork.org.uk) or  
Nicola [bridgecollective@hotmail.co.uk](mailto:bridgecollective@hotmail.co.uk)  
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We hope and trust that choices other than medication and hospitals are  
possible and together we can make them happen