## UK Young Adult Saturday Zoom 21st Nov

Réamonn Bateman November 18, 2020



## Hi

Sorry for the delay of this months Saturday Zoom. In light of our dear sister Hannah Goughs passing the Friday before our original date we needed and felt we should give some time before meeting.

We hope you're up for meeting this Saturday the 21st at our usual time of 11am, where we can see each other again and as previously planned Elisa will be speaking on the topic of mental health. As introduced in the last invitation, this is an area that she has been researching for some time and will share and offer the opportunity to discuss the challenges of how to help yourself or a loved one struggling with mental health issues.

I hope you are able to join us using the link below.

All the best,

Réamonn & the Young Adults Team

us02web.zoom,us/j/83297849076?pwd=NmpXK2ZrN09iT21DNEY5cnlUNGZDdz0 9