



**PENUMBRA**  
SUPPORTING MENTAL HEALTH

**TO ALL PROFESSIONAL STAFF IN THE BORDERS:**

Want to know more about  
Penumbra Youth Project?

Come and join us for Tea, Toast & A Chat



**Where?**

GALASHIELS : 47b Ladhope Vale  
Fridays 9.30am-10.30am  
starting 2<sup>nd</sup> February 2007

DUNS: 3 & 5 North Street  
Wednesdays 9.30am-10.30am  
starting 31<sup>st</sup> January 2007

**INITIALLY TO RUN FOR 2 MONTHS  
& IF SUCCESSFUL TO BE CONTINUED**

No need to make an appointment - just  
drop-in