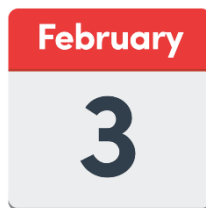


# Speak Up Be Heard Group 2021 Meeting Dates



1<sup>st</sup> Wednesday of every month  
Now on **zoom**



All meetings are  
from 10.30am until 12pm

