



Mental Health Awareness Week



Friday, 1st Oct 2021

9:30am – 11am www.Fetchcourses.ie - Managing Stress and Introduction to Mindfulness, ETB, Barracks, Clonmel (Free event)
11:30am – 1pm Healthy lifestyle and Relaxation Techniques
ETB, Barracks, Clonmel (Free event)

Monday 4th of Oct 2021

9:30am - 10:30am Intro into Breathwork and Mindfulness – ETB, River Lane, Nenagh 067 31845
2pm – 4pm Wellness Workshop - ETB, River Lane, Nenagh 067 31845
4-week course Every Monday from 2pm -3:30pm Winter Wellness ETB, Barracks, Clonmel, Contact (051) 640 746
Boost your Wellbeing 10 week course ETB Thurles 067 31845

Tuesday 5th Oct 2021

11pm – 1pm Free 6 week Stress Management course — Zoom / Nenagh
Contact Eoin (0505) 24166
2pm – 3:15pm *Secondary School Event Only* – Jigsaw introduction and activity exercise class with Fiona Ward

Wednesday 6th Oct 2021

9:30 - 10:30 – Intro into Breathwork and Mindfulness – ETB, River Lane, Nenagh 067 31845

Thursday 7th Oct 2021

6:30pm – Resident Check in - Mountain RA Cahir
Jigsaw - One Good Adult 7pm – 8pm
Register @ <https://www.eventbrite.ie/e/one-good-adult-tickets-176180359197>
2pm – 3:15pm *Secondary School Event Only* Jigsaw introduction and exercise class with Fiona Ward

Friday 8th Oct 2021

2pm – 6pm - C saw community suicide awareness workers Tipperary
Open info day @ 24 William Street, Clonmel
10:30 – 11:30am Outdoor Yoga Sesh @ The Reen, Glengoole
Contact Julie @ Millennium FRC (083) 100 8075
10am – 2pm- Open Day @ Cluain Training Centre, Nelson Street Clonmel
All Welcome *Covid Passports required*

Monday 11th Oct 2021

Yoga for Beginners starting 8 week course – ETB River Lane, Nenagh 067 31845

Tuesday 12th Oct 2021

10am –Regional suicide resource office – Responding to a person in suicidal distress presentation
Email trainingsro@hse.ie

Wednesday 13th Oct 2021

10am -12pm Minding your Mental Health through Expressive art and Psychotherapy, ETB Cahir
051 - 640746

Thursday 14th Oct

11am – 12:30pm - Regional Suicide Resource Office – Bereavement and Loss Seminar – (051) 874013

