

Free Online Mental Health & Wellbeing Workshops



November 2021

DATE	WORKSHOPS	TIME
Tuesday, 2 nd	SELF CARE SERIES: Part 1. Exploring Self Care	10.00am - 12.00pm
Wednesday, 3 rd	SELF CARE SERIES: Part 2. Building My Self Care Toolkit	10.00am - 12.00pm
Thursday, 4 th	SELF CARE SERIES: Part 3. Building My Self Care Toolkit	10.00am - 12.00pm
Tuesday, 9 th	ANXIETY SERIES: Part 1. Exploring Anxiety	10.00am - 12.00pm
Thursday, 11 th	ANXIETY SERIES: Part 2. Managing Anxiety	10.00am - 12.00pm
Tuesday, 16 th	My Mental Health – Finding Meaning, Feeling Empowered	10.00am - 12.00pm
Wednesday, 17 th	Let's Talk Depression	10.00am - 12.00pm
Tuesday, 23 rd	Understanding Mental Health Services	10.00am - 12.00pm
Wednesday, 24th In Partnership with:  Mental Health Ireland	FREE WEBINAR: Seasonal Change - Managing My Wellbeing <i>Join us for a conversation where we explore how seasonal change can affect our mood and mental health.</i>	2.00pm - 3.00pm
Thursday, 25 th	Accessing Mental Health Services – Getting the Best from My Appointment	10.00am - 12.00pm

Book your place on Eventbrite - <https://midwestaries.eventbrite.ie>

Or sign up by emailing Margaret - margaret.keane9@hse.ie

Or text 086 2873526 with the title of the workshop you want to attend

