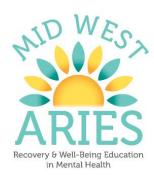
## Free Online Mental Health & Wellbeing Workshops



November 2021

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

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Book your place on Eventbrite - <a href="https://midwestaries.eventbrite.ie">https://midwestaries.eventbrite.ie</a>
Or sign up by emailing Margaret - <a href="margaret.keane9@hse.ie">margaret.keane9@hse.ie</a>
Or text 086 2873526 with the title of the workshop you want to attend



