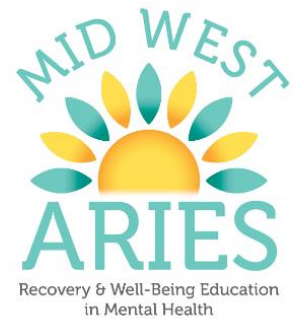


Free Online Mental Health & Wellbeing Workshops



October 2021

DATE	WORKSHOPS	TIME
Tuesday, 19 th	Let's Talk Depression	10.00am - 12.00pm
Wednesday, 20 th	Part 1. Exploring Anxiety	10.00am - 12.00pm
Thursday, 21 st	Part 2. Managing Anxiety	10.00am - 12.00pm
Tuesday, 26 th	Understanding Mental Health Services	10.00am - 12.00pm
Wednesday, 27 th Partnering with 	WEBINAR: "Coping with Loss After Covid" Join us for a conversation when we explore how we have coped with loss during the pandemic – connection, confidence, jobs, relationships and bereavement.	2.00pm – 3.00pm
Thursday, 28 th	My Mental Health – Finding Meaning, Feeling Empowered	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