



Mind your Mental Health Workshop

Facilitated by:	Ms Linda Thorpe—Area Development Officer at Mental Health Ireland
Location:	Wexford Mental Health Association Henrietta Street ,Wexford
Date:	Thursday 5th October 2017
Time:	10.00am to 4.00pm

Overview:

This one day workshop is suitable for everybody and provides participants with an opportunity to reflect on mental health and to learn strategies to enhance wellbeing.

Mind your mental health is delivered in four main units:

- Understanding your Mental Health and Wellbeing
- Stress and Thinking Patterns
- Mental Health Difficulties, Recovery and Support
- Minding your Mental Health Strategies

Hosted by Wexford Mental Health Association in conjunction with Mental Health Ireland

Limited spaces available. For further information and bookings please contact Theresa on 053 914 0610 (9.30am to 1.30pm Monday to Friday) or by email to wexfordmha@gmail.com

