

Wexford Mental Health Association

Events surrounding World Mental Health Week

Date	Event	Venue	Time	Cost
Monday 1 st October	Recovery College – Developing Self Esteem and Confidence	WMHA Henrietta Street Wexford Town	9.30am to 12.30pm	Free
Tuesday 2 nd October	Recovery College – Developing Self Esteem and Confidence	Healthy Living Centre New Ross	9.30am to 1pm	Free
Monday 8 th October	Grow – Managing Stress Workshop	Loch Garman Arms Hotel, Gorey	10am to 3pm	Free
Tuesday 9 th October	Grow – Managing Stress Workshop	WMHA Henrietta Street Wexford Town	10am to 3pm	Free
Tuesday 9 th October	Mindfulness with Paddy Brosnan	Church Institute Enniscorthy	2pm to 4pm	Free
Thursday 11 th October	Recovery Education – Introduction to Recovery College	WMHA Henrietta Street Wexford Town	10.00am to 11.00am	Free
Friday 12 th October	WRAP Café –	Link Training Centre Enniscorthy	11.30am to 1pm	Free
Monday 15 th October	Coffee Morning with music from Inner Harmony Group	WMHA Henrietta Street Wexford Town	11am to 1pm	Free
Friday 19 th October	Recovery College – Introduction to Mindfulness	Link Enniscorthy	9.30am to 1pm	Free
Friday 19 th October	Creativity Counts Exhibition Launch	WMHA Henrietta street Wexford Town	6pm to 8pm	Free
Saturday 20 th Sunday 21 st October	Creativity Counts Exhibition	WMHA Henrietta Street Wexford Town	11am to 5pm	Free
Thursday 25 th October	Psychosis and me	Astro Active Enniscorthy	2pm to 4.30pm	
Saturday 27 th Sunday 28 th And Monday 29 th October	Creativity Counts Exhibition	WMHA Henrietta Street Wexford Town	11am to 5pm	
Sunday 21 st Monday 29 th October	WMHA – 40 th Celebration concert – “You Will Never Walk Alone”	St. Iberius Church Wexford Town	7pm	Admission €10.00

Saturday 3 rd Sunday 4 th November	Creativity Counts Exhibition	WMHA Henrietta Street Wexford Town	11am to 5pm	Free
Friday 9 th November	WRAP Café	Link Enniscorthy	11.30am to 1pm	Free
Monday 12 th November	Understanding the Mental Health Services	WMHA Henrietta Street Wexford town	9.30am to 12.30	Free
Thursday 15 th Thursday 22 nd November	Recovery College Let's Talk depression	WMHA Henrietta Street Wexford Town	9.30am to 1pm	Free
Tuesday 13 th November	Expressions Project	Riverside Enniscorthy	6pm to 9pm	Free
Thursday 29 th Friday 30 th November	WRAP	WMHA Henrietta Street Wexford Town	9.30 to 4.30pm	Free
Thursday 6 th December	Recovery Principles and Practice	WMHA Henrietta Street Wexford town	9.30am to 1.30pm	Free

Weekly Events

Every Tuesday	Grow Meeting	WMHA Henrietta Street Wexford Town	11am to 1.30pm	Free
Wednesday 3 rd October	Enneagram with Dr Molony – 10 weeks	WMHA Henrietta Street Wexford Town		€180
Wednesday 7 th November	ADHD Ireland – 123 Magic Parenting course - 5 week course	Henrietta Street Wexford Town		TBC

For further information on any of these workshops/ programmes please contact

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