

Wexford Mental Health Association Events surrounding World Mental Health Week

Monday Recovery College - Developing Self Esteem and Confidence Henrietta Street Wexford Town Pree
1st OctoberDeveloping Self Esteem and ConfidenceHenrietta Street Wexford Town12.30pmTuesday 2nd OctoberRecovery College – Developing Self Esteem and ConfidenceHealthy Living Centre New Ross9.30am to 1pmFreeMonday 8th OctoberGrow – Managing Stress Workshop 9th OctoberLoch Garman Arms Hotel, Gorey10am to 3pmFreeTuesday 9th OctoberGrow – Managing Stress Workshop Wexford TownWMHA Henrietta Street Wexford Town10am to 3pmFreeTuesday 9th OctoberMindfulness with Paddy Brosnan OctoberChurch Institute Enniscorthy2pm to 4pmFreeThursday Thursday 11th OctoberRecovery Education – Introduction to Recovery CollegeWMHA Henrietta Street Wexford Town10.00am to 11.00amFreeFriday 12th OctoberWRAP Café –Link Training Centre Enniscorthy11.30am to 1pmFreeMonday 15th OctoberCoffee Morning with music from Inner Harmony GroupWMHA Henrietta Street11am to 1pmFree
Tuesday 2nd October Developing Self Esteem and Confidence New Ross 1pm 10am to Free Sthock October Grow - Managing Stress Workshop 1
Tuesday 2nd October Developing Self Esteem and Confidence New Ross 1pm Free Monday 8th October Grow – Managing Stress Workshop Loch Garman Arms Hotel, 3pm Free 3pm F
2nd OctoberDeveloping Self Esteem and ConfidenceNew Ross1pmMonday 8th OctoberGrow – Managing Stress WorkshopLoch Garman Arms Hotel, Gorey10am to 3pmTuesday 9th OctoberGrow – Managing Stress WorkshopWMHA Henrietta Street Wexford Town10am to 3pmTuesday 9th OctoberMindfulness with Paddy Brosnan OctoberChurch Institute Enniscorthy2pm to 4pmThursday 11th OctoberRecovery Education – Introduction to Recovery CollegeWMHA Henrietta Street Wexford Town10.00am to 11.00amFriday 12th OctoberWRAP Café –Link Training Centre Enniscorthy11.30am to 1pmFreeMonday 15th OctoberCoffee Morning with music from Inner Harmony GroupWMHA Henrietta Street11am to 1pmFree
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8th OctoberGorey3pmTuesday 9th OctoberGrow – Managing Stress WorkshopWMHA Henrietta Street Wexford Town10am to 3pmFreeTuesday 9th OctoberMindfulness with Paddy Brosnan OctoberChurch Institute Enniscorthy2pm to 4pmFreeThursday 11th OctoberRecovery Education – Introduction to Recovery CollegeWMHA Henrietta Street Wexford Town10.00am to 11.00amFreeFriday 12th OctoberWRAP Café –Link Training Centre Enniscorthy11.30am to 1pmFreeMonday 15th OctoberCoffee Morning with music from Inner Harmony GroupWMHA Henrietta Street11am to 1pmFree
9 th October Henrietta Street 3pm Wexford Town
Tuesday 9 th October Tuesday 9 th October Mindfulness with Paddy Brosnan Church Institute Enniscorthy Recovery Education – Introduction to Henrietta Street Street Parmony Group Wexford Town Thursday Recovery Education – Introduction to Henrietta Street Henrietta Street Street Parmony Group Wexford Town Friday 11.00am Free Link Training Centre Enniscorthy WMHA 11.30am to 11.30am to 12.30am to 12.30am to 13.30am to 14.30am to 14.30am to 14.30am to 14.30am to 14.30am to 14.30am to 15.30am to 1
Tuesday 9 th October Mindfulness with Paddy Brosnan Church Institute 2pm to 4pm
OctoberEnniscorthy4pmThursday 11th OctoberRecovery Education – Introduction to Recovery CollegeWMHA Henrietta Street Wexford Town10.00am to 11.00amFriday 12th OctoberWRAP Café –Link Training Centre Enniscorthy11.30am to 1pmMonday 15th OctoberCoffee Morning with music from Inner Harmony GroupWMHA Henrietta Street11am to 1pm
Thursday Recovery Education – Introduction to 11 th October Recovery College Henrietta Street Wexford Town Friday 12 th October WRAP Café – Link Training Centre Enniscorthy 11.30am to 15 th October Coffee Morning with music from Inner Harmony Group Henrietta Street 11.00am WMHA 11.00am 11.30am to 11.30
11th OctoberRecovery CollegeHenrietta Street Wexford Town11.00amFriday 12th OctoberWRAP Café –Link Training Centre Enniscorthy11.30am to 1pmMonday 15th OctoberCoffee Morning with music from Inner Harmony GroupWMHA Henrietta Street11am to 1pm
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12 th October Enniscorthy 1pm Monday Coffee Morning with music from Inner 15 th October Harmony Group Henrietta Street 1pm
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Friday Recovery College – Link Enniscorthy 9.30am to Free
19 th October Introduction to Mindfulness 1pm
Friday Creativity Counts Exhibition Launch WMHA 6pm to Free
Friday Creativity Counts Exhibition Launch WMHA 6pm to Free 19 th October Henrietta street 8pm
Wexford Town
Saturday 20 th Creativity Counts Exhibition WMHA 11am to Free
Sunday 21 st Henrietta Street 5pm
October Wexford Town
Thursday Psychosis and me Astro Active Enniscorthy 2pm to
25 th October 4.30pm
Saturday 27 th Creativity Counts Exhibition WMHA 11am to
Sunday 28 th Henrietta Street 5pm
And Monday Wexford Town
29 th October
Sunday21stWMHA – 40th Celebration concert –St. Iberius Church7pmAdmissionMonday29th"You Will Never Walk Alone"Wexford Town€10.00
October Valk Alone Wextord Town

Saturday 3 rd	Creativity Counts Exhibition	WMHA	11am to	Free	
Sunday 4 th		Henrietta Street	5pm		
November		Wexford Town			
Friday 9 th	WRAP Café	Link Enniscorthy	11.30am to	Free	
November		,	1pm		
Monday 12 th	Understanding the Mental Health Services	WMHA	9.30am to	Free	
November		Henrietta Street	12.30		
		Wexford town			
Thursday 15 th	Recovery College Let's Talk depression	WMHA	9.30am to	Free	
Thursday 22 nd		Henrietta Street	1pm		
November		Wexford Town			
Tuesday 13 th	Expressions Project	Riverside	6pm to	Free	
November	· ·	Enniscorthy	9pm		
Thursday 29 th	WRAP	WMHA	9.30 to	Free	
Friday 30 th		Henrietta Street	4.30pm		
November		Wexford Town	·		
Thursday 6 th	Recovery Principles and Practice	WMHA	9.30am to	Free	
December	, ,	Henrietta Street	1.30pm		
		Wexford town	·		
Weekly Events					
Every Tuesday	Grow Meeting	WMHA	11am to	Free	
		Henrietta Street	1.30pm		
		Wexford Town			
Wednesday 3 rd	Enneagram with Dr Molony – 10 weeks	WMHA		€180	
October		Henrietta Street			
		Wexford Town			
Wednesday 7 th	ADHD Ireland – 123 Magic	Henrietta Street		TBC	
November	Parenting course - 5 week course	Wexford Town			
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For further information on any of these workshops/ programmes please contact

Wexford Mental Health Association at:

Henrietta Street

Wexford

Y35 W406

 ${\it Email-wexfordmha@mentalhealthireland.ie}$

We b site: www. Wexford mental health association. ie

Facebook: Wexford Mental Health Association

Tel - 053 914 0610