

Wexford Mental Health Association Events to celebrate World Mental Health Day

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| **Date** | **Event** | **Location** |
| 2nd October – 11.00am to 12.00pm | Mindful Discussion Group - Blend of Chair Yoga and Mindfulness with Jessica Statham from Shine Discovery | WMHA Training and Information Centre, Henrietta Street, Wexford |
| 7th October – 11.00am to 1.00pm | Coffee with Music from Inner Harmony, Emily Redmond and Jimmy Cullen. | WMHA Training and Information Centre, Henrietta Street, Wexford |
| 8th October 10.30am to 12.30pm | Connect Café | WMHA, Castle Street, Enniscorthy. |
| 8th October 11.00am | Grow weekly Support Group. No intruductions needed – just come along. | WMHA Training and Information Centre, Henrietta Street, Wexford |
| 10th October 10.30am to 12.00pm | Introduction to Mindfulness with Mark Ralph – Mindfulness Consultant | WMHA Training and Information Centre, Henrietta Street, Wexford |
| 11th October – 11.30am to 1.00pm | WRAP Café | Link Training Centre, Enniscorthy |
| 18th October – 3.00pm | “Creativity Counts” Exhibition launch | WMHA Training and Information Centre, Henrietta Street, Wexford |



**Henrietta Street,**

**Wexford.**

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