Wexford Mental Health Association Pocket Wellness Guide will be widely available across County Wexford with information and support services that can support your wellbeing. Guide to Wellbeing road signage will be erected around County Wexford to remind everybody of the simple things that we can do to help ourselves.

|  |  |  |  |
| --- | --- | --- | --- |
| Date | Time | Facilitator | Event |
| 5th October | 10.30am | Tanya Harris and Nicole Kotras (Clinical Psychologists from THiNK Psychology)  | Morning Mix show with Alan Corcoran on South East Radio to discuss supporting our own wellbeing. |
| 5th October | 1.00pm | Anne Eustace – Peer Educator at Recovery College South East | Short Morning Gratitude Meditation on Wexford Mental Health Association Facebook Page |
|  |  |  |  |
| 6th October | 10.30am | Gina DelaneyArea Development Officer at Mental Health Ireland | Morning Mix show with Alan Corcoran on South East Radio to discuss Supporting our family’s wellbeing |
| 6th October | 3.00pm | Emily RedmondMusic Exploration Officer at Wexford Mental Health Association | Short workshop on Music for Mind on Wexford Mental Health Association Facebook Page |
|  |  |  |  |
| 7th October | 10.30am | Dr Niall Gormley -Consultant PsychiatristHSE Psychiatry of later life | Morning Mix show with Alan Corcoran on South East Radio to discuss Supporting older adult’s wellbeing |
| 7th October | 11.30am | Gina DelaneyArea Development Officer at Mental Health Ireland | Facebook Live Supporting your Family’s Wellbeing through Facebook Live. Session will be on “Mental Health Wellbeing & Recovery” Facebook Page |
| 7th October | 1.00pm | Anne Eustace Recovery College South East | A Minute Self Care Meditation on Wexford Mental Health Association Facebook Page |
|  |  |  |  |
| 8th October | 10.30am | Anne EustacePeer Educator at Recovery College South East | Morning Mix show with Alan Corcoran on South East Radio to discuss Lived Experience of Mental Health and Recovery |
| 8th October | 2.00pm | Anna FlynnSports Active Wexford | Exercise Workout on Wexford Mental Health Association Facebook Page |
|  |  |  |  |
| 9th October | 10.30am | Tanya Harris and Nicole KotrasClinical Psychologists - THiNK Psychology | Morning Mix show with Alan Corcoran on South East Radio to discuss parenting teenagers |
| 9th October | 12.00pm | Anne Eustace Peer Educator - Recovery College South East | Self Appreciation Meditation on Wexford Mental Health Association Facebook Page |
| 9th October | 3.00pm | Vivian Brodie-HayesYoga and Movement Specialist at Wexford Mental Health Association | Gentle Chair Yoga on Wexford Mental Health Association Facebook page |
| 9th October | 5.00pm |  | Creativity Counts online Exhibition |
|  |  |  |  |
| 10th October | 3.00pm | Vivian Brodie-Hayes Yoga and Movement Specialist at Wexford Mental Health Association | Fun Music and Movement Workshop on Wexford Mental Health Association Facebook Page |
| 10th October | 10.00am to 6.00pm |  | Information stand at Bullring in Wexford Town |