

Understanding and Minding Your Mental Health GROW & DLR Social Prescribing Programme for Health & Wellbeing

Community Mental Health Movement in Ireland



COMMUNITY MENTAL HEALTH PROGRAMME

COMMENCES: Wednesday 30th September 2020

TIME: 7.30pm – 9pm

VENUE: ZOOM

FREE TO ATTEND. ALL WELCOME

- Week1: Wednesday 30th September: **Understanding & Promoting Positive Mental Health**
- Week 2: Wednesday 7th October: **Managing Stress & Anxiety**
- Week 3: Wednesday 14th October: **Boost Your Brain & Achieve Balance through Nutrition & Lifestyle**
- Week 4: Wednesday 21st October: **Mindfulness**
- Week 5: Wednesday 4th November : **Your Superpowers**
- Week 6: Wednesday 11th: **Enhancing Parenting Skills in Uncertain & Stressful Times**

TO REGISTER FOR A PLACE PLEASE CONTACT :

086 6063184 or EMAIL: clodagherasmus@grow.ie



Rialtas na hÉireann
Government of Ireland



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