

Understanding and Minding Your Mental Health

With **GROW** ...

Community Mental Health Movement in Ireland



COMMUNITY MENTAL HEALTH PROGRAMME

COMMENCES: Thursday 07th November

TIME: 7.30-9.30pm

VENUE: Prince of Wales Athlone

FREE TO ATTEND. ALL WELCOME

- Week 1 Thursday 07th November **Understanding & Promoting Positive Mental Health**
- Week 2 Thursday 14th November : **Mindfulness**
- Week 3 Thursday 21st November: **Managing Stress & Anxiety**
- Week 4 Thursday 28th November: **Suicide: Recognising the signs, Understanding & Supporting (attendees must be aged 18 and over)**
- Week 5 Thursday 05th December : **Boost Your Mood with Healthy Food**

To Register for a place please phone: 086 8114135 or EMAIL: assumptalyons@grow.ie



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