

# What's On

## May 2024



**Free Online Mental Health & Wellbeing Workshops**  
For anyone aged 18+ with an interest in mental health

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### TUES **07** **Managing Wellbeing & Mental Health Recovery**

 **2pm - 4pm**

In this workshop we will explore different views on wellbeing and recovery in mental health. We discuss what and who can help with managing your wellbeing and mental health.

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### THURS **16** **Self Care - Building My Resilience**

 **10am - 12pm**

In this workshop we will explore how we can build our resilience through the practice of simple daily self care routines.

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### WEDS **22** **Creativity for Wellbeing**

 **10am - 12pm**

In this workshop we will explore how creative activities can support mental health and how we can overcome barriers to creativity. Includes a Creativity Planner.

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### TUES **28** **Let's Talk Resilience**

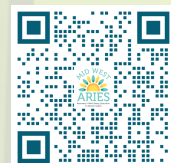
 **2pm - 4pm**

In this workshop we will discuss our understanding of resilience and why it is important for our mental health and wellbeing. We will explore personal tools and strategies.

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**BOOK NOW ON EVENTBRITE**  
<https://midwestaries.eventbrite.ie>

**For More Information Contact:**  
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HSE  
Mental Health  
Engagement  
& Recovery