Mid West ARIES Online Workshops

MID WEST ARIES
Recovery & Well-Being Education in Mental Health

Recovery from Mental Health Challenges is Possible

Join us every month online for a series of Mental Health & Wellbeing Workshops

Mid West ARIES provides free, inclusive, transformative recovery education locally in the Mid West and nationally online to help you, or your loved one in their recovery journey.

Online Via Zoom

Book at:

https://midwestaries.eventbrite.ie

For more information contact:

Tel. 086 287 3526

Margaret Keane | margaret.keane9@hse.ie

HSE MID WEST COMMUNITY HEALTHCARE
Mental Health | Older Persons | Disabilities
Primary Care | Health & Wellbeing