

# Free Online Mental Health & Wellbeing Workshops

For anyone aged 18+ with an interest in mental health



# April 2024



**Tues. April 2nd**  
2.00pm-4.00pm  
**Managing Wellbeing & Mental Health Recovery**



During this workshop we explore different views on wellbeing and recovery in mental health. We discuss what and who can help with managing your wellbeing and mental health. Includes a personal story of recovery.

**Tues. April 9th**  
2.00pm - 4.00pm  
**Let's Talk Resilience**



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 that can help to develop and support our resilience now and in to the future.

**Tues. April 16th**  
2.00pm - 4.00pm  
**Creativity for Wellbeing**



In this workshop, we will discuss how we can each tap into our creativity to enhance our daily lives and improve our wellbeing. We will explore how creative activities can support mental health and how we can overcome barriers to creativity. Includes a Creativity Planner.

**As part of the Limerick Lifelong Learning Festival**  
**"Creativity for Wellbeing"**



**Tues. April 23rd**  
2.00pm-4.00pm  
**How Do I Keep Connected and Stay Hopeful to Support My Wellbeing?**



This workshop explores the importance of maintaining connections and hope to support our wellbeing and mental health. We will discuss ways we can maintain our social connections and keep hope alive.



**Thurs. April 25rd**

10.00am - 12.00pm

**How Can I Find Meaning in My Life and Feel More Empowered?**

In this workshop we will explore what gives us a sense of meaning and purpose in our lives. We will reflect on what empowerment means and explore our understanding and experience of empowerment and disempowerment in mental health.

purpose



**Tues. April 30th**

2.00pm - 4.00pm

**Self Care - Building My Resilience**

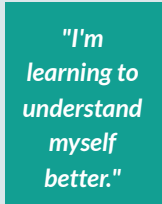
In this module we will explore how we can build our resilience through the practice of simple daily self care routines. We will explore what self care looks and feels like, the barriers to practicing self care and why it is important to support our wellbeing.



*"Taking part in this workshop was healing for me."*



*"Really love this! I feel less lonely."*



*"I'm learning to understand myself better."*



All of our workshops are **free** to attend.

Our workshops are for anyone (aged 18 and over) with an interest in mental health and wellbeing.

All of our workshops are co-produced. This means that the topics are created by people with lived experience of mental health challenges, people using the services, family members and service providers.

All online workshops are 2 hours in duration.

**BOOK NOW ON EVENTBRITE**

<https://midwestaries.eventbrite.ie>

**For More Information Contact:**

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