

Free Mental Health & Wellbeing Workshops in Roscrea

For anyone aged 18+ with an interest in mental health

Join us for our Anxiety Series Workshops



Roscrea Library
Birr Road
Roscrea
Co. Tipperary
E53 N129



Comhairle Contae Thiobraid Árann
Tipperary County Council
Library Service

Weds. April 3rd

10.00am-12.30pm

Pt. 1 Exploring Anxiety



In this workshop we explore our understanding of anxiety. We discuss a range of topics including "what is anxiety?", "what causes anxiety?" and "is anxiety normal?"

Weds. April 10th

10.00am-12.30pm

Pt. 2 Managing Anxiety



This second workshop in the series focuses on managing anxiety. We explore practical tips and tools that you can put into practice when anxiety strikes. In particular we will discuss who or what can help when managing anxiety.

Recovery from Mental Health Challenges is Possible

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<https://midwestaries.eventbrite.ie>



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Engagement
& Recovery



For More Information Contact:
Cillian Keane | Cillian.Keane@hse.ie
Margaret Keane | Margaret.Keane9@hse.ie

