

October Timetable

Free Mental Health and Wellbeing Online Workshops

Midlands Louth Meath CHO Recovery Education



Workshop Title



Date & Time

The Gift of Self-Care

Monday 11th Oct, 2 pm to 4 pm

Let's Talk About CHIME

Monday 18th Oct, 2 pm to 4 pm

Meditation and Mindfulness

Tuesday 26th Oct, 2 pm 3 pm

- It is free to attend our courses
- Our courses are open to anyone (aged 18 and over) with an interest in mental health and wellbeing



Book your place at one of our online modules:

<http://mlmrecovered.eventbrite.com>

or

Contact with any queries or to book a place:



Email: Mary@mentalhealthireland.ie

Derek@mentalhealthireland.ie



Phone: 086 464 3562

087 284 0901

Follow us online:



Midlands Louth Meath CHO
Recovery Education

Midlands Louth Meath
Community Healthcare
Organisation



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service



Mental Health
Ireland



HSE Mental Health Services