



# FREE Mental Health & Well-being Online Workshops March 2021



**Date**

**Topic**

**Time**



**4th March 2021**

**Exploring Self Care**

**2pm - 4pm**

**11th March 2021**

**Getting the Best from  
My Mental Health  
Appointment**

**2pm - 4pm**

**18th March 2021**

**Supporting Someone  
in Hospital**

**2pm - 4pm**

**25th March 2021**

**Unwrapping Resilience 2pm - 4pm**

**OPEN TO EVERYONE  
AGED 18+ WITH AN  
INTEREST IN  
RECOVERY EDUCATION,  
MENTAL HEALTH AND  
WELL-BEING**

**Online via Zoom**



**Book at:**

<http://mlmrecovered.ed.eventbrite.com>

**or Contact Tara Gibbons**

tara.gibbons1@hse.ie or 087 052 8058



Seirbhís Sláinte  
Níos Fearr  
á Forbairt

Building a  
Better Health  
Service



**Mental Health  
Ireland**