**GROW & DLR Social Prescribing Programme for Health & Wellbeing**

**Community Mental Health Movement in Ireland**

**COMMUNITY EDUCATION PROGRAMME**

**Understanding and Minding your Mental Health**

**Rebuilding our mental Resilience**

**COMMENCES: Thursday 15th July 2021 (for 5 weeks)**

**Time: 19.00 – 20.00**

**Venue: zoom**

**These events are FREE to attend.**

* **Week1:Thursday 15th July: Understanding & Promoting Positive Mental Health**
* **Week 2: Thursday 22nd July: Dealing with Change**
* **Week 3: Thursday 29th July: Dealing with Anxiety**
* **Week 4:Thursday 05th August: Healthy Mindset**
* **Week 5:Thursday 12th August: Procrastination & moving forward**
* See below information on each presenter

**To REGISTER please email:** niamhgilmore@grow.ie

*The Healthy Ireland Fund supported by the Department of Health and the Department of Children, Equality, Disability, Integration and Youth*

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**Community Mental Health Movement in Ireland**

* **Week1:Thursday 15th July: Understanding & Promoting Positive Mental Health**

Niamh Gilmore (GROW), John Farren (GROW) and Lisa (DLR Social Prescribing)

* **Week 2: Thursday 22nd July: Dealing with Change**

Jean McElvaney

* **Week 3: Thursday 29th July: Dealing with Anxiety**

Avril Bailey

* **Week 4:Thursday 05th August: Healthy Mindset**

Danielle Serpico

* **Week 5:Thursday 12th August: Procrastination & moving forward**

Jean McElvaney