A SPECIAL THANKS TO THE FOLLOWING:

Co-ordinated by:
Athlone & Mullingar MHA’s in partnership with
Midlands Regional Youth Service Ltd.

Westmeath Wellness Weeks
Celebrating World Mental Health Day
10th October 2015

Theme: “Dignity in Mental Health”
Monday 5th – Thursday 15th October 2015

LET’S GET INVOLVED.
You are invited to participate!

Eileen Kelly, MRYS Ltd. • eileen.kelly@mrys.org • Tel: 090 6477075 or 086 3294763

Michael Buckley • Michael.buckley@hse.ie • 087 3553719

Finola Colgan • finola@mentalhealthireland.ie • 086 835 3387
Athlone Town Centre
Monday 5th – Saturday 10th October

Athlone Town Centre Pop Up Information/Education Shop 11.00 am > 4.00pm
Mindfulness Sessions • #little things campaign www.yourmentalhealth.ie
Career Talks on Medicine/Psychiatry Nursing/Occupational Therapy • SafeTALK - re Suicide Prevention
Individual Bullying Workshops Primary Schools, Secondary School and Parents
Art display from Primary Schools Art Project Inside Out
Free Information on Stress, Anxiety, Building Resilience, Plan to Protect Your Mental Health

MONDAY 5th October
10am - 1.30pm SafeTALK - Michele Baker. Gateway Youth Project, Athlone. Megan Depinna 086 0279149.
11am - 12pm MINDFULNESS with JANYA. HAND MASSAGE/NAIL PAINTING.
12pm - 1.45pm INTRODUCTION INTO DBT/CBT. HAND MASSAGE/NAIL PAINTING.
2pm - 2.45pm CAREERS IN NURSING/MEDICINE. HAND MASSAGE/NAIL PAINTING.
3pm - 3.45pm MINDFULNESS (MEDITATION). HAND MASSAGE/NAIL PAINTING.
7pm Bruno Groening Spiritual Healing. Annebrook Hotel, MULLINGAR. Michael McArdle 0864114810.

TUESDAY 6th October
11am - 11.45am CONSOLE/AWARE Information Talk.
12pm - 1.45pm SHINE (HEARING VOICES) by Karen Boylan.
2pm - 2.45pm LITTLE THINGS. HSE Campaign to promote positive Mental Health by Changing “Little Things”
3pm - 3.45pm ARI-ADVANCING RECOVERY IN IRELAND BY DR.PADRAIG COLLINS (Psychologist).

WEDNESDAY 7th October
11am - 12pm PILATES / OLIVE KEYES Talk & Demonstration.
11am - 1pm Making A Difference - Coffee Morning.
Westmeath Volunteer Centre. Ian O'Flynn 086-1743470.
12pm - 1.45pm RECOVERY TALK by DR.CARMEL HUGHES (Consultant Psychiatrist).
2pm - 2.45pm GROW/AWARE Information Talk.
3pm - 3.45pm YOGA (BERNIE KEATING).
7 - 8.30pm Be Happy Be Healthy. Gateway Youth Project, Athlone. Megan Depinna 086 0279149.

THURSDAY 8th October
10am - 1.30pm SAFE TALK Suicide Alertness for Everyone (Closed Session).
12pm - 1.45pm SAFE TALK Suicide Alertness for Everyone (Closed Session).
2pm - 2.45pm CANCER SUPPORT TALK (Maureen Benson).
3pm - 3.45pm MINDFULNESS/GINA & MARG DALY.

FRIDAY 9th October
11am - 12pm ACCESSING THE MENTAL HEALTH SERVICE.
12pm - 1.45pm MENTAL HEALTH IRELAND.
2pm - 3pm 3RD LEVEL EDUCATION (Supporting Wellness and Recovery and Transitions to College).
3pm - 3.45pm POETRY IN THE PARK/ MULTICULTURAL ASPECTS MENTAL HEALTH.

SATURDAY 10th October
11am - 12pm KIDS CORNER. COLOURING CORNER. LOU LOU ROSE.
12pm - 1.45pm MINDFULNESS. CHILDRENS MEDIATION. LOU LOU ROSE.
2pm - 2.45pm BALLOON RELEASE - Fly Your Thoughts. TONTA/FIRE EATERS.

FOR FURTHER INFORMATION CONTACT:
Michael Buckley Athlone MHA.  Email: Michaeld.buckley@hse.ie  Mobile: 087 355 3719

Programme of Events around Mullingar
Monday 12th – Thursday 15th October

MONDAY 12th
7pm Bruno Groening Spiritual Healing Athlone Springs Hotel, Monksland Patricia O’Connor 087 1385456

TUESDAY 13th
11am - 1pm Art Therapy Exhibition Mullingar Arts Centre Colette Tuohy 087 6524006

TUESDAY 13th
5-7pm Bressie’s Music Workshop Mullingar YoYo Youth Café Joan O’Connor 086 3728994

WEDNESDAY 14th
9.30am - 1.30pm Mind Your Mental Battery Heights Tracey Moore 086 7955359

WEDNESDAY 14th
11.30am - 1pm Mindfulness AIT, Room: E3202 Kate Butler 083 4709111

WEDNESDAY 14th
11am - 12.30pm Rights and Entitlements workshop Carers Association Mullingar Marion Mahon 086 1726589

WEDNESDAY 14th
11am - 1pm Mental Fitness and Key Tips T, Finola Colgan Mullingar Hotel, Mullingar Finola Colgan 086 8353387

THURSDAY 15th
9.30am - 1.30pm SafeTALK - Anthony O’Prey Mullingar Youth Project, Grange, Mullingar Stephanie Stenson 086 3728481

THURSDAY 15th
7.30pm WRAP Castlepollard Library Brid Brighton bmtb21@hotmail.com

THURSDAY 15th
10.30 am * Grow Workshop: Understanding and Minding Your Mental Health Prince of Wales Hotel, Athlone Mary 057 9351124 Assumpta 086 811 4135 midlandregion@grow.ie

THURSDAY 15th
7.30pm SafeTALK - Anthony O’Prey 1428 Club Mullingar Siobhan 087 3497747

* Grow Workshop: 4 week course starting Thursday 15th October at 7.30pm
For Further Information contact: Julia Smyth Mullingar MHA mullingar@mentalhealthireland.ie