

Understanding and Minding Your Mental Health

With **GROW** ...

Community Mental Health Movement in Ireland



COMMUNITY HEALTH & WELLBEING PROGRAMME

COMMENCES: Wednesday 10th October

TIME: 7.00pm – 9.00pm

VENUE: Family Resource Centre, Pearse Street

Dublin 2

- **Week 1 Wednesday 10th October: Understanding & Promoting Positive Mental Health.**
- **Week 2 Wednesday 17th October: Self Esteem**
- **Week 3 Wednesday 24th October: Stress Management & Coping Skills.**
- **Week 4 Wednesday 7th November: Addiction & Mental Health**
- **Week 5 Wednesday 14th November: Nine Activities to Ensure Good Mental & Wellbeing**

FOR MORE DETAILS PHONE: 01-6771930

Dara Terry



“GROW’s mission is to nurture mental health, personal growth, prevention and full recovery from all kinds of mental illness”

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