

Understanding and Minding Your Mental Health

With **GROW** ...

Community Mental Health Movement in Ireland



COMMUNITY HEALTH & WELLBEING PROGRAMME

Week 3 : Wednesday 24th October

TIME: 7.00pm – 9.00pm

VENUE: St Andrew's Centre, Pearse Street

Dublin 2

- Week 3: Wednesday 24th October: **Stress Management & Coping Skills**

The third presentation discusses:

- Nature of Anxiety Stress
- Trauma and its impact
- Values and Achievable Goals
- Practical Steps
- Summary

FOR MORE DETAILS PHONE: Dara Terry 016771930



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