

September Timetable

Free Mental Health and Wellbeing Online Workshops

Midlands Louth Meath CHO Recovery Education



 Workshop Title	 Date & Time
What is Recovery Education?	Wed 8th Sept, 2:30pm to 4 pm
Understanding 'Psychosis' & Personal Recovery (Session 1)	Thurs 9th Sept, 10am to 12pm
What Is Recovery Education?	Wed 15th Sept, 10:30am to 12pm
Living with 'Psychosis' (Session 2)	Thurs 16th Sept, 10am to 12pm
What is Co-Production?	Mon 20th Sept, 2pm to 3:30pm
Inspiring Hope & Recovery (Session 3)	Thurs 23rd Sept, 10am to 12pm
Exploring the Relationships between self and diagnosis (Session 4)	Thurs 30th Sept, 10am to 12pm



Book your place at one of our online modules:

<http://mlmrecovered.eventbrite.com>

or



Contact with any queries or to book a place:

Email: mary@mentalhealthireland.ie

Phone: 086 464 3562

Follow us online:

- It is free to attend our courses
- Our courses are open to anyone (aged 18 and over) with an interest in mental health and wellbeing

- Midlands Louth Meath CHO Recovery Education



Midlands Louth Meath
Community Healthcare
Organisation

HSE



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service



HSE Mental Health Services



Mental Health
Ireland