

Louth / Meath Mental Health Promotion Events - January 2024

For more info or to register for an event click the  icon

17th

First Fortnight Event -Befriending my Monster

Solstice Arts Centre, Navan, Co. Meath 

SafeTALK Training

Redeemer Centre, Dundalk, Co. Louth 

20th

First Fortnight Event -The Art of Letting Go

Droichead Arts Centre, Drogheda, Co. Louth 

22-28th

National Grief Awareness week

For more info or to register click here 

29th

Introduction to Self-Harm (online training)

For more info or to register click here 