

# WHATS ONLINE AT LE CHEILE

## JANUARY 2021

Day	Time	Group/Class	For more Information:
Mondays, Tuesdays, Thursdays	10:00am – 12:00pm	Peer Support	Contact Aoife 0872074637 or <a href="mailto:Aoife@limerickmentalhealth.ie">Aoife@limerickmentalhealth.ie</a>
Mondays	12:30pm – 1:30pm	Armchair Yoga & Meditation (Online)	Contact 0872485742/ 0872074637 or <a href="mailto:Info@limerickmentalhealth.ie">Info@limerickmentalhealth.ie</a>
Tuesdays	11:30am-1:00pm	Art Therapy (Online)	Contact 0872485742/ 0872074637 or <a href="mailto:Info@limerickmentalhealth.ie">Info@limerickmentalhealth.ie</a>
Tuesdays	3:00pm – 4:00pm	Women's Group (Online)	Contact Martina 0873202211 or <a href="mailto:Martina@limerickmentalhealth.ie">Martina@limerickmentalhealth.ie</a>
Thursdays	2:30pm – 4:30pm	Creative Writing (Online)	Contact 0872485742/ 0872074637 or <a href="mailto:Info@limerickmentalhealth.ie">Info@limerickmentalhealth.ie</a>
Ongoing / TBC	Ongoing / TBC	Migrants Social Group	Contact Martina 0873202211 or <a href="mailto:Martina@limerickmentalhealth.ie">Martina@limerickmentalhealth.ie</a>

If you have any queries or questions, please contact us at 0872485742 / 0872074637 or email us [info@limerickmentalhealth.ie](mailto:info@limerickmentalhealth.ie)



HSE Mid West  
Community Healthcare

