

Thursday 13 & Friday 14 October

Thursday

Benefits of Mindfulness

12.00 - 13.00, LMHA, 3 Sexton Street, Limerick
Talk about the benefits of mindfulness on mental health.

Aries Self Care Workshop

12.00 - 14.00, online event
Book online via: <https://tinyurl.com/learn2selfcare>

Parent and toddler storytime

16.00, Watch House Cross Community Library, Limerick

Friday

Let's Get Talking Workshop

10.00 - 12.00 & 14.00 - 16.00, Limerick City Library
Mental health workshop on mental health and wellbeing through creative art therapies.
Book online via the LMHA website: limerickmentalhealth.ie

Parent and toddler storytime

10.30, Watch House Cross Community Library, Limerick

IAHIP Choral singing

19.30 - 21.00, St Marys Cathedral

Saturday 15 & Sunday 16 October

Saturday

Parent and toddler storytime

10.00, Dooradoyle Library, Limerick

Bedford Row Family Day

12.00 - 17.00
Limerick Mental Health support services and information day providing family fun and activities in support of positive mental health for all.
Zion choir singing from 12.00 - 15.00

Sunday

Yoga in the park (weather dependent)

10.30, Peoples park or Tait Community centre, Limerick
LMHA yogi Sheila Bennatti will hold a yoga class - all levels welcome.
Book online via the LMHA website: limerickmentalhealth.ie

For more information:
limerickmentalhealth.ie

Follow us on Social Media:

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LIMERICK
Mental Health
Association

Limerick Mental Health Week 10 - 16 Oct. 22

Information and bookings:
limerickmentalhealth.ie



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Wednesday 12 October

Parent and toddler storytime

10.15, Adare Library

11.00, Kilmallock Library

What is Jigsaw coffee morning

11.00 - 13.00, Jigsaw Limerick Hub
Coffee morning in the Jigsaw Hub with a presentation of what is Jigsaw? with clinical staff.

Aries Self Care Workshop

12.00 - 14.00, online event
Book online via: <https://tinyurl.com/learn2selfcare>

Parent and toddler storytime

14.00, Limerick City Library

Mental Health Ireland - 5 ways to Wellbeing workshop

18.00 - 19.00, online event
Book online via the LMHA website: limerickmentalhealth.ie

GROW Mental Health

19.30 - 21.00, Grow 33 Henry Street, Limerick
Night 1 of a 4 week Community Education Programme, speakers:
John Loneragan, former governor of Mountjoy prison and author Caroline Crotty, Psychotherapist.
Book online via the LMHA website: limerickmentalhealth.ie

Tuesday 11 October

National Learning Network coffee morning

10.30 - 12.00, Focus, Church Road, Rahleen, Limerick
Book online via the LMHA website: limerickmentalhealth.ie

Employability coffee morning

11.00 - 12.30, Employability office, mallow Street, Limerick
Book online via the LMHA website: limerickmentalhealth.ie

Aries Self Care Workshop

14.00 - 16.00, online event
Book online via: <https://tinyurl.com/learn2selfcare>

ICHAS: Want to understand more about your dreams?

18.00 - 20.00, online event
Book online via the LMHA website: limerickmentalhealth.ie

GOSH Rumble Boxing Class

19.15, Basecamp Fitness, 47 Thomas Street, Limerick, V94 P8CK
For LGBT+ community
Book online via the LMHA website: limerickmentalhealth.ie

IAHIP Talk

19.30 - 20.30, Hunt Museum, Limerick
Malcom Greene - Further details TBC
Book online via the LMHA website: limerickmentalhealth.ie

Sunday

Launch Event!

17.00 - 19.00, Milk Market, Limerick

Launch event for Limerick Mental Health Week 2022.

A variety of local community groups and bands launching LMHW in line with our theme: 'Limerick city and community mental health for all'.

Monday

Snuggles, Stories and Smiles

10.30 - 11.30, Limerick Social Services Office, Henry Street
Parent and New baby workshop: ABC Start right a fun and interactive story session for parents and babies under 1 year with information on how to support early positive mental health and wellbeing for babies and their parents. Contact: Helen at ABC Start Right 061 419388 or bryan@paulpartnership.ie to Book at place - limited places available.

GOSH Tell Your Story

17.30 - 19.00, GOSH Office, Redwood Place, 18 Davis Street, Limerick, V94 K377
Book online via the LMHA website: limerickmentalhealth.ie

One good adult session

19.30 - 21.00, Jigsaw Limerick Hub
Capable of accommodating 20 people.

Sunday 09 & Monday 10 October

Limerick Mental Health Week 10 - 16 Oct. 22

Launch event, Sunday 09 October 2022

17.00 - 19.00, Milk Market, Limerick

A variety of local community groups and bands launching LMHW in line with our theme:
'Limerick city and community - mental health for all'. Further details: limerickmentalhealth.ie

Invitation to local businesses and organisations:

This year LMHA would like to encourage local businesses and organisations to hold their own mini event to promote positive mental health for Limerick Mental Health Week. Some ideas are: holding a coffee morning, 15 min walk, yoga class, staff get together or a 15 min mindfulness/ meditation introduction. Further details: limerickmentalhealth.ie

Mental Health talk with local celebrities 16 October 2022

Further details: limerickmentalhealth.ie

For further information and bookings: limerickmentalhealth.ie



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