

Limerick Mental Health Week

8 - 15 OCTOBER 2023

#LMHW2023

@LimerickMHA



For more information:
limerickmentalhealth.ie

About Limerick Mental Health Week

Limerick Mental Health Week promotes positive mental health in the community. This is achieved through public events, talks, exhibitions, and workshops. Organising this week aims to raise mental health awareness in the local community.

The week will provide a forum to generate discussion and promote positive mental health. It will also reduce stigma and help to bring mental health into everyday conversations. Finally, Limerick Mental Health Week highlights the range of support and services available within the local community.

Events are subject to change, for more information and the latest updates please check our Social Media accounts @LimerickMHA or our website limerickmentalhealth.ie

8th Sunday Launch Event / Wellness Day

Event Location: Milk Market 10:00am - 6:00pm

Morning: Wellness Events

- Beginners Yoga with Barry 10:00am - 11:00am
- Beginners Tai Chi Introduction 11:00am - 12:00pm
- Beginners Art with Kathy for 18s + 11:00am - 12:30pm
- Sound Bath Experience 11:30pm - 12:30pm
- Local Services Information Talk 12:45pm - 1:30pm
- Art with Kathy for teens 13s - 18s 1:00pm - 2:30pm

Lunchtime: Multicultural Events

- Dance Limerick/LMHA Mini Performance 2:00 pm - 2:30 pm
- Hands in Harmony Deaf Community Choir 3:00pm - 3:30pm
- BodyTree: Introduction to Therapeutic Treatments (ALL DAY)
- Kids Art Stands & Services Information Stand (ALL DAY)
- Various Music performances 2:00pm - 6:00pm

9th Monday Events

- Youth Addition Awareness for Parents 10:30am - 12:00pm North Side Youth Space, V94 TPP3
- Yoga with Barry 11:00am - 12:00pm Croom FRC, V35 E306
- Talk with Calvin's swords 2:00pm - 4:00pm Habit Coffee, V94 E6W8
- Treaty City Brewery Tour, 5:00pm - 6:00pm Nicolas Street, V94 EH57 (Booking Essential, Eventbrite)
- IAHIP Mindfulness Workshop 6:00pm [ONLINE EVENT](#)

10th Tuesday Events

- Employability Coffee Morning 10:00am - 12:00pm Employability, Mallow Street V94 X253
- Community Health and Wellbeing Fair 10:00am - 1:00pm South Court Hotel, V94 E77X
- Yoga with Barry 11:00am - 12:00pm South Hill FRC
- Recovery & Mental Health with Martha Griffin, DCU 2:00pm - 4:00pm Klaud9 Cafe (Booking Essential, Eventbrite)
- "Wellbeing & Mental Health Recovery with Mid West Arie" 2:00pm - 4:00pm [ONLINE EVENT](#)
- Medieval Limerick Walking Tour 3:00pm - 4:15pm Limerick Civic Trust, V94 FWP5
- Masonic Lodge Building Public Tour (More info on Eventbrite)

11th Wednesday Events

- Peoples Museum, EVA Exhibit 10:00am - 4:00pm V94 HF53
- Mid West Aries "How can I find the meaning in life & feel more empowered?" 10:00am - 12:00pm [ONLINE EVENT](#)
- Parent Toddler Storytime 10:30am Limerick City Library
- Parent Toddler Storytime 11:15am Newcastle West Library
- Yoga with Barry 11:00am - 12:00pm Hospital FRC, V35 RP26
- Talk Eating Disorders with Will Dwyer Joyce, BodyWhys 2:00pm - 4:00pm Limerick City Library, V94 RF63
- Meditation with Breath Work with Patricia Ryan, Body Tree 2:30pm - 4:00pm Limerick Learning Hub, V94 YT26

12th Thursday Events

- Peoples Museum, EVA Exhibit 10:00am - 4:00pm
- FAI/ETB Beginners Fitness Morning 09:30am - 12:30pm ETB Killmallock Road Campus, V94 Y6H3 (All Ages)
- Journaling for Wellbeing with Mid West Aries 10:30am - 1:00pm The Hunt Museum, V94 EV8A
- Yoga with Barry 11:00 - 12:00 North FRC, V94 APX8
- Food as Medicine Workshop with Body Tree 12:00pm - 2:30pm Limerick Learning Hub, V94 YT26
- "Five Ways to Wellbeing" with MentalHealthIreland 1:00pm [ONLINE EVENT](#)
- "Recovery and Mental Health" with Niall Ryan 2:00pm - 4:00pm Istabraaq Hall, V94 EH90
- Parent Toddler Storytime 4:00pm Watch House Cross Library, V94 NH51
- North Star "Service of Commemoration and Hope" 6:00pm Augustinian Church, V94 Y2DR

13th Friday Events

- Peoples Museum, EVA Exhibit 10:00am - 4:00pm
- Employability "Employment Talk" in Itsabraaq Hall 10:00am - 12:00pm
- Parent Toddler Storytime 10:30am Adare Library
- Hunt Museum Open to the public 12:00pm - 1:00pm
- "Trauma & Dual Diagnosis" with Liam McGowan 2:00pm - 4:00pm Hunt Museum Cafe, V94 EV8A
- Family Walk or Run with Dooneen AC 6:00pm Mungret Park, V94 AYD8
- Limerick Choral Union Concert 7:30pm - 9:00pm St Mary's Cathedral, V94 E068

14th Saturday Events

Event Location: Bedford Row, Limerick

- Services Information Stands (ALL DAY)
- BodyTree: Introduction to Therapeutic Treatments (ALL DAY)
- Limerick Gospel Choir Performance 12:00pm - 1:00pm
- Kids Art Stand (ALL DAY)
- "Living with Voices" with Micheal John Norton 2:00pm - 4:00pm King John's Castle Cafe (Booking Essential, Eventbrite)
- Masonic Lodge Building Public Tour (Booking Essential, Eventbrite)

15th Sunday Events

- Dog Friendly Social Morning 10:00am - 12:00pm Milk Market
- The Rolling Tones Rock Choir 1:00pm Milk Market, V94 R602
- LMHA Family Movie Night "Insideout" 6:00pm Wickham Way, V94 WR8N