



LIMERICK Mental Health Association

# LIMERICK MENTAL HEALTH WEEK



# 7<sup>th</sup> - 13<sup>th</sup>

# OCTOBER

FREE COMMUNITY EVENTS

[f](#) [@](#) [in](#) [t](#) **#LMHW2024**



Limerick Mental Health Week aims to promote positive mental health across the community of Limerick City and County through free public events, talks, exhibitions, and workshops.

Our goal is to have a Limerick where people who experience mental health difficulties can recover, achieve mental well-being and reach their full potential within an informed and supportive community. **#LMHW24**

## Highlight events:

### Sun 6th - Limerick Mental Health Week Family Day (Launch Event)

2:30 - 5:00 pm, The Life Centre, Henry Street, V94 525K  
Live Music, Face Painting, Family Fun, Tea & Coffee, information Stands & more...

### Fri 11th - Annual Limerick Choral Union Concert

7:30 - 9:15 pm, St John Cathedral Limerick, V94 H521  
One of Limerick Mental Health Week's highlight events is back this year, showcasing performances from local choirs and music acts, including Limerick Choral Union, Ancor Choir, Aoide Choir, Ukeladies, Killaloe Men's Choir & more...

### Sun 13th - Movement for Your Mind, Final Performance (Closing Event)

12:00 pm, Daghda Dance Studio, V94 EP92  
Dance Limerick's final 'Movement for Your Mind' performance...  
**Family Movie Night at Wickham Way (FREE)**  
5:00 - 7:30 pm, Showing: 'Turning Red' (PG), Wickham Way Market, V94 WR8N

Events are subject to change, for more information and the latest updates please check our Social Media accounts

With Thanks to our Partners & Sponsors:

