

## MENTAL HEALTH J







**3** ⊒: 9 #LMHW2024

events, across Limerick Mental Health Week aims the talks, exhibitions, and workshops. community of Limerick City and County through free to promote positive mental h O P alth ublic

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

# Highlight events:

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

2:30 5:00 pm, The Life Centre. Henry Street, V94 525K

Live Music, Face Painting, Family Fun, Tea & Coffee, information Stands 80 more

# П **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 Choral Union, Ancor Choir, Aoide Choir, Ukeladies, Killaloe Men's and music acts, including Limerick Choir & m ore...

### Sun 13th Movement for Your Mind, Final U erformance Closin 0 Ш vent

12:00 pm, Daghdha 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 WR  $\frac{\infty}{Z}$ 

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

With Thanks to our Partners & Sponsors:



The Community Foundation for Ireland

An Roinn Leanai, Comhionannais, Michumais, Lamphairtiochta agus Oige Department of Children, Equality, Disability, Integration and Youth























Limerick CITY & COUNTY COUNCII

MILKMARKET

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Limerick City
Community Radio



























NOVAS

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### Sunday 6th October

**Limerick Mental Health Week Family Day** 

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

### Monday 7th October

**Community Connection Compassion Art Exhibition** 

10:00 - 5:00 pm, The Hunt Museum, V94 EV8A

**LMHA Creative Writing Class** 

10:00 - 12:00 pm, LMHA, 3 Sexton Street, V94 Y521

**LSAD Mental Health Fair** 

10:30 - 2:00 pm, TUS Clare Street Campus, V94 KX22

**LMHA Monday Movers Walking History Tour** 

1:00 - 2:30 pm, Arthurs Quay Park, Limerick

Mindful Monday with Majella: TUS

1:00 - 1:20 pm, TUS Moylish Campus, V94 EC5T

Mindful Monday with Niamh: TUS

1:00 - 1:20 pm, TUS Clare Street Campus, V94 KX22

Freemasons Masonic Lodge Open Day

2:00 - 4:00 pm, Castle Street, King's Island, V94 V2H7

**Treaty Brewery Public Tour** 

3:00 - 4:00 pm, Nicholas St, Medieval Quarter, V94 EH57

ONLINE Using CBT to Build Community, Connection &

**Compassion: Dr Nicola Culloty** 

7:00 - 8:00 pm (*Online Booking*)

### Tuesday 8th October

**Community Connection Compassion Art Exhibition** 

10:00 - 5:00 pm, The Hunt Museum, V94 EV8A

**TUS Moylish Campus Mental Health Fair** 

10:30 - 2:00 pm, TUS Moylish, V94 EC5T

Willowdale Community Day Hospital Open Day:

EmployAbility 9:30 - 2:00 pm, Willowdale Community

Health Centre, Gouldavoher, Limerick

Newcastle West Parents & Toddlers Storytime

11:00 - 12:00 pm, Newcastle West Library, Gortboy Road

Sound Baths with Michelle: Body Tree

1:00 - 2:00 pm, The Hunt Museum, V94 EV8A

Job Quest Bingo - Unlock Your Future: EmployAbility

2:00 - 3:30 pm, 5 Mallow St, Prior's-Land, V94 X253

**Movement For Your Mind: Dance Limerick** 

3:30 - 4:30 pm, Friars Gate Theatre, Kilmallock

ONLINE Self Care, Building My Resilience: Mid West Aries

2:00 - 4:00 pm (Online Booking)

Limerick Georgian Quarter Walking Tour: Limerick Civic

**Trust** 3:00 - 4:00 pm, People's Museum, V94 HF53

**ONLINE Living in the Present: Harnessing Mindfulness** 

for Anxiety & Mood Improvement: ICHAS

6:00 - 7:00 pm (Online Booking)

Managing Workplace Stress & Building Resilience:

Elite Talent Hub 6:00 - 7:00 pm, Limerick City Library

**ONLINE Neurodiversity Awareness & Compassion in the** 

Workplace: Dr Aine O'Dea 7:30 - 8:30 pm (Online Booking)

### Wednesday 9th October

The Wellness Learning Journey: Limerick Learning

Network 9:30 - 12:00 pm, Moyross Community Hub,

Enterprise Centre (Online Booking)

**Community Connection Compassion Art Exhibition** 

10:00 - 5:00 pm, The Hunt Museum, V94 EV8A

Tools to Help Us Manage Stress & Day-to-Day

Pressures: Kilteely Women's Group

10:00 - 11.30 am, Cill Bhride Centre, Kilteely

Limerick City Parent & Toddler Storytime (Online Booking)

10:30 - 11:30 am, Limerick City Library, V94 RF63

**Bracelet Making on The 'Street'** 

11:00 - 2:00 pm, TUS Moylish Campus, V94 EC5T

**Wellness Morning in NOVAS** 

11:00 - 1:00 pm, NOVAS, O'Connell St, V94 XN51

Mental Health & Addiction Talk: DEPS

12:00 - 2:00 pm, Istabraq Hall, V94 EH90

Massage, Reflexology, Indian Head Massage: Body Tree

2:30 - 4:00 pm, Limerick City Library, V94 RF63

Let's Chat About Mental Health & How Grow Can

Support You? 2:00 - 4:00 pm, 33 Henry Street, V94 D9X7

Movement for your Mind (East Limerick) Final

**Performance: Dance Limerick** 

6:00 pm, Friars Gate Theatre Kilmallock

### Thursday 10th October

**Community Connection Compassion Art Exhibition** 

10:00 - 5:00 pm, The Hunt Museum, V94 EV8A

Adare Parent & Toddler Storytime

10:00 - 12:30 pm, Adare Library, Main St, Blackabbey

Tools to Help Us Manage Stress & Day-to-Day

Pressures: Kilteely Women's Group

10:00 - 11.30 am, Cill Bhride Centre, Kilteely

Family Recovery in Mental Health Workshop:

Mid West Aries (Online Booking)

10:30 - 1:00 pm, Shannon Family Resource Centre

Watch House Cross Storytime

4:00 - 5:00 pm, Watch House Cross Library, Moyross

**Movement For Your Mind Workshop: Dance Limerick** 

6:00 - 7:00 pm, Convent Road Abbeyfeale

**Community Nutritional Workshop: Body Tree** 

2:30 - 4:00 pm, ETB, O'Connell Avenue Campus

**Movement For Your Mind Workshop: Dance Limerick** 

7:30 - 8:30 pm, Desmond Complex, Newcastlewest

Auricular Acupuncture For De-Stress & De-Tox:

Body Tree 11.00 - 12.00 pm, Limerick City Library

### Friday 11th October

**Dance to Support Your Mental Health: Dance Limerick** 

9:30 - 11:00 am, Daghdha Dance Studio, V94 EP92

**Community Connection Compassion Art Exhibition** 

10:00-5:00 pm, The Hunt Museum, V94 EV8A

Watch House Cross Parent & Toddler Storytime

10:30 - 12:00 pm, Watch House Cross Library

**Intergenerational Social Dance Afternoon** 

4:00 - 6:00 pm, Garryowen Community Band Hall

Indian Head Massage & Hand Reflexology: Body Tree

2:30 - 4:00 pm, Limerick City Library, V94 RF63

ONLINE Mindfulness Class For Parents of ADHD Children:

ADHD Ireland 10:00 - 11:00 am (Online Booking)

**Lunchtime Yoga With Lisa: TUS** 

12:00 pm, TUS Moylish Campus

Being Human in The Digital: Julie Pilcac, The Digital Human

12:00 - 1:30 pm, LMHA, 3 Sexton Street, V94 Y521

**Annual Limerick Choral Union Concert in St Johns** 

Cathedral 7:30 - 9:15 pm, Cathedral Place, V94 H521

**How To Stop Stressing Out About Your To-Do List:** 

Dr Aine O'Dea 2:30 - 3:30 pm, LMHA 3 Sexton Street

### Saturday 12th October

**Community Connection Compassion Art Exhibition** 

10:00 - 5:00 pm, The Hunt Museum, V94 EV8A

Dooradoyle Parent and Toddlers Storytime

10:30 - 11:30 am, Dooradoyle Library, V94 AP03

Movement for your Mind (West Limerick) Final

Performance: Dance Limerick

3:00 - 5:00 pm, Newcastle West Community Centre

Limerick Support Services Information Day

12:00 - 4:00 pm (Scan the QR code on the front of poster)

### Sunday 13th October

**Community Connection Compassion Art Exhibition** 

10:00 - 5:00 pm, The Hunt Museum, V94 EV8A

LMHA Family Friendly & Dog Social Morning

10:00 - 1:30 pm, The Milk Market

Community Choir Performances in Milk Market

11:30 - 1:30 pm, The Milk Market

Movement For Your Mind, Final Mental Health Week

**Performance: Dance Limerick** 

12:00 pm, Daghdha Dance Studio, V94 EP92

Family Movie Night at Wickham Way, Showing: 'Turning

**Red'** (**PG**) 5:00 - 7:30 pm, Wickham Way, V94 WR8N