



Spring Groups Calendar 2020

Monday	Time	Dates
Wellness Support Group <i>(Weekly Open Group)</i>	11.00am – 12.00pm	Weekly from 10 th Feb onwards
Tuesday		
Visual Arts*	10.30am – 12.30pm	March (Date TBC)
Effective Communication <i>(SHEP)</i>	10.30am – 1.00pm	12 th Feb – 8 th April
Discovering Recovery <i>(Max 8 participants)</i>	2.15pm – 4.15pm	12 th Feb – 31 st March
Relaxation Techniques*	2.15pm – 4.15pm	25 th Feb – 26 th May
Wednesday		
Personal Development*	10.30am – 12.30pm	26 th Feb – 27 th May
Art Therapy Open Studio	2.15pm – 3.45pm	12 th Feb – 29 th April
Yoga	2.15pm – 3.15pm	12 th Feb – 22 nd April
Thursday		
Art Therapy Closed Studio	10.30am - 1.00pm	13 th Feb – 30 th April
Friday		
Wellness Support Group <i>(Weekly Open Group)</i>	11.00am – 12.00pm	Weekly from 14 th Feb onwards

New Participants Welcome!

Groups are open to anyone who identifies as having self-experience of mental ill health

About Us

We are a mental health recovery orientated resource centre. If you would like more information about the services in Shine Resource Centre, please contact us on 0214226064 or 0860411368. We are located at 14A Washington St West, Cork City Centre (Across from The Kino)

Registration is required for all groups. Please call 021 4226064

Group Information

Wellness Support Group

This group runs twice a week to offer a space for people to discuss and explore their mental health and wellness. The group will support peer learning, and encourage people to identify ways they can empower themselves to take control of their recovery and build upon their existing wellness tools.

Visual Arts*

Participants of this group will take part in an exciting visual arts project to express and portray their unique perspectives of recovery. Each participant will be supported to design their own art piece which, with permission, will be displayed as part of an awareness building campaign with Shine.

Discovering Recovery

This group is designed to help participants gain a better understanding of mental health recovery. Each week the group will focus on a key concept of recovery that will help participants build awareness of their own needs and identify how they can best progress in their own journey towards wellness.

Relaxation Techniques

This group aims to equip learners with self-help steps to reduce stress and increase relaxation. Participants will learn about, and practice various effective relaxation techniques that they can use to increase their personal wellness and ability to cope with life stressors.

Personal Development*

Explore issues affecting emotional wellbeing and growth, including the management of feelings, stress, listening, communication and relationships.

Effective Communication*

Build self-esteem and develop skills and awareness to improve communication in ways that help enhance the quality of life and relationships. This course is by SHEP.

Art Therapy Open & Closed Studio

Art therapy uses the creative process of making art as a safe way to represent your inner experiences, develop awareness and support personal change. The closed group supports people to use creative expression to enhance their mental health and wellbeing. The open studio provides an opportunity for people to come and try art therapy in a relaxed open setting.

Yoga

This yoga class introduces the fundamental principles of alignment and breath work in a flow of postures linked together by the breath. Students will be introduced to yoga postures through step-by-step verbal description and demonstration

*funded through CETB