

Mid West ARIES

(Advancing Recovery in Ireland Education Service)

Timetable Spring/Summer 2020

VENUE	MODULE TITLE	DATES	TIME
Service Improvement Office, Mid West Mental Health Services, St. Joseph's Health Campus, Mulgrave St., Limerick, V94 C8DV.	Taster – Introduction to Mid West ARIES 1. Managing Well-being & Mental Health Recovery	Monday 17th February	10.30am - 12.30pm
Limerick Social Service Council, Child & Family Centre, Southside Education Campus, Galvone, Limerick.	Building Resilience 1. Let's Talk Resilience 2. Building Resilience	Thursdays 27th February 5th March	10am – 1pm
Tar Isteach, Premier Hall, Thurles, Co. Tipperary (near The Confraternity Hall).	Building Resilience 1. Let's Talk Resilience 2. Building Resilience	Thursdays 12th March 19th March	11am - 2pm
Service Improvement Office, Mid West Mental Health Services, St. Joseph's Health Campus, Mulgrave St., Limerick, V94 C8DV.	Mental Health Recovery & Well-Being 1. What is Recovery? 2. Understanding Mental Health Services 3. Diagnosis & Beyond 4. C.H.I.M.E	Wednesdays 18th March 25th March 1st April 8th April	10am -1pm
Le Chéile, 3 Sexton St., Limerick, V94 Y521.	Taster – Limerick Lifelong Learning Festival 2020 1. Introduction to Living Well With Anxiety	Tuesday 31st March	10.30am - 12.30pm
East Clare Community Co-op, Main Street, Scariff, Co. Clare, V94 HPX9.	Living Well With Anxiety 1. What is Anxiety? 2. Responses to Anxiety 3. Anxiety – What to Do? 4. Tips & Tools for Managing Anxiety	Thursdays 23rd April 30th April 7th May 14th May	6.30pm – 9.30pm
Limerick City venue to be confirmed. Partnering with Le Chéile (Limerick Mental Health Association).	Living Well With Anxiety 1. What is Anxiety? 2. Responses to Anxiety 3. Anxiety – What to Do? 4. Tips & Tools for Managing Anxiety	Tuesdays 28th April 5th May 12th May 19th May	10am – 1pm
Lighthouse Peer Support Centre, Limekiln Rd., Kilrush, Co. Clare.	Building Resilience 1. Let's Talk Resilience 2. Building Resilience	Tuesdays 12th May 19th May	6.30pm – 9.30pm
Newport Community Centre, Clonbealy, Newport, Co. Tipperary, V94 EY72. (Partnering with North Tipperary Development Company.)	Building Resilience 1. Let's Talk Resilience 2. Building Resilience	Tuesdays 9th June 16th June	10am – 1pm
Ballyhoura Development CLG, Coote Hall, Kilmallock, Co. Limerick, V35 C993.	Living Well With Anxiety 1. What is Anxiety? 2. Responses to Anxiety 3. Anxiety – What to Do? 4. Tips & Tools for Managing Anxiety	Fridays 5th June 12th June 19th June 26th June	10am – 1pm

**HSE Mid West
Community Healthcare**

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**Courses FREE & open
to everybody with an
interest in Mental
Health Recovery &
Well-Being**

Mid West ARIES

(Advancing Recovery in Ireland Education Service)



Courses
FREE &
Open To
All

1. What do we offer?

- A range of courses, information & educational materials on Recovery & Well-Being in Mental Health

2. Are you someone who has...

- An interest in Mental Health & Recovery?

3. How can you get involved?

- Enjoy ARIES as a **Student** (attending courses), **Co-Producer** (creating material), or **Co-Facilitator** (delivering courses).

Co-Produced & Co-Delivered by

- People with Lived Experience
- Staff
- Family Members, Carers & Supporters

4. Where to find out more:

- Visit www.hse.ie/mwaries
- Follow us on **Twitter, Instagram & Youtube** @MidWestAries

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Contact us:

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