

Mid West ARIES

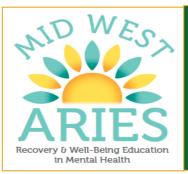
(Advancing Recovery in Ireland Education Service)

Timetable Spring/Summer 2020

VENUE	MODULE TITLE	DATES	TIME	
Service Improvement Office, Mid West Mental Health Services, St. Joseph's Health	 Taster – Introduction to Mid West ARIES 1. Managing Well-being & Mental Health Recovery 	Monday 17 th February	10.30am - 12.30pm	
Campus, Mulgrave St., Limerick, V94 C8DV.				
Limerick Social Service Council,	Building Resilience	Thursdays	10am –	
Child & Family Centre, Southside Education Campus,	 Let's Talk Resilience Building Resilience 	27 th February 5 th March	1pm	
Galvone, Limerick.		5 March		
Tar Isteach, Premier Hall,	Building Resilience	Thursdays	11am - 2pm	
Thurles, Co. Tipperary (near	1. Let's Talk Resilience	12 th March		
The Confraternity Hall).	2. Building Resilience	19 th March		
Service Improvement Office,	Mental Health Recovery & Well-Being	Wednesdays	10am -1pm	
Mid West Mental Health	1. What is Recovery?	18 th March 25 th March		
Services, St. Joseph's Health	2. Understanding Mental Health Services			
Campus, Mulgrave St., Limerick, V94 C8DV.	 Diagnosis & Beyond C.H.I.M.E 	1 st April 8 th April		
Le Chéile, 3 Sexton St.,	Taster – Limerick Lifelong Learning Festival 2020	Tuesday	10.30am -	
Limerick, V94 Y521.	1. Introduction to Living Well With Anxiety	31 st March	10.30am - 12.30pm	
East Clare Community Co-op,	Living Well With Anxiety	Thursdays	6.30pm –	
Main Street, Scariff, Co. Clare,	1. What is Anxiety?	23 rd April	9.30pm	
V94 HPX9.	2. Responses to Anxiety	30 th April	5150pm	
	3. Anxiety – What to Do?	7 th May		
	4. Tips & Tools for Managing Anxiety	14 th May		
Limerick City venue to be	Living Well With Anxiety	Tuesdays	10am –	
confirmed.	1. What is Anxiety?	28 th April	1pm	
Partnering with Le Chéile	2. Responses to Anxiety	5 th May		
(Limerick Mental Health	Anxiety – What to Do?	12 th May		
Association).	4. Tips & Tools for Managing Anxiety	19 th May		
Lighthouse Peer Support	Building Resilience	Tuesdays	6.30pm –	
Centre, Limekiln Rd., Kilrush,	1. Let's Talk Resilience	12 th May	9.30pm	
Co. Clare.	2. Building Resilience	19 th May		
Newport Community Centre,	Building Resilience	Tuesdays	10am –	
Clonbealy, Newport, Co.	1. Let's Talk Resilience	9 th June	1pm	
Tipperary, V94 EY72.	2. Building Resilience	16 th June		
(Partnering with North				
Tipperary Development Company.)				
Ballyhoura Development CLG,	Living Well With Anxiety	Fridays	10am –	
Coote Hall, Kilmallock, Co.	1. What is Anxiety?	5 th June	10am – 1pm	
Limerick, V35 C993.	2. Responses to Anxiety	12 th June		
	3. Anxiety – What to Do?	19 th June		
	4. Tips & Tools for Managing Anxiety	26 th June		
	For information/enrolment contact	Courses FRE	E & open	
HSE Mid West	Mike O'Neill on 085-8768517 or	to everybody with an		
	michael.oneill8@hse.ie or	interest in	-	
Community Healthcare	Eileen Cunningham on 085-8589546 or			
	eileen.cunningham4@hse.ie	Health Rec	overy &	

eileen.cunningham4@hse.ie

Well-Being



Mid West ARIES

(Advancing Recovery in Ireland Education Service)

Courses	1. What do we offer?	 A range of courses, information & educational materials on Recovery & Well- Being in Mental Health
FREE & Open To All	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

HSE Mid West Community Healthcare

Contact us:

-Mike O'Neill, Peer Education, Training & Development
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