



Minding Your Wellbeing

A Programme to support positive mental health and wellbeing for Family Carers

Programme content

- Practising self-care
- Understanding our thoughts & emotions
- Benefits of mindfulness
- Practising gratitude
- Building resilience
- Creating positive relationships



**Working in
Partnership
with**



No one should have to care alone

When & where?

Monday 14th October & 21st October

from:- 10:00am to 13:30pm

(tea/coffee at 10:00am)

Limerick City Venue

**2 part
Programme**

To register contact:

**Contact:- Deirdre Geoghegan
Training@familycarers.ie
086 7749838**

**Facilitating the Programme:
John McElhinney & Marie O'Flynn
We look forward to meeting you.**

The programme does not cover diagnosis of mental illness. Participants will not be asked to discuss their own mental health experiences