



Minding Your Wellbeing

A Programme to support your mental health
and wellbeing as a 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?

Wednesday 8th October and 15th October

From: - 9.30am to 13.00pm

(tea/coffee at 11 am)

Venue: - Mayfair Library, Parliament

Street, Kilkenny, R95 N23R.

2 part

Programme

To register contact:

Deirdre Geoghegan

Training@familycarers.ie

086 7749838

Facilitating the programmes are:

Ann Bray and Ann Bates.

HSE Health and Wellbeing Division.

We Look forward to meeting with
you.

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