

Celebrating World Mental Health Day

Thurs 10th October in Swords Castle

The following workshops will be delivered during the event. If you wish to attend the CAMHS talk on Parental Wellbeing, and /or the “One Good Adult” workshop please contact Gail on 01 9603020

- Workshop for young people: 5-a-day for good mental health 2:30pm
- CAMHS talk on Parental Wellbeing 5:30pm
- One Good Adult workshop 6:15pm – 7:15pm

