

# CLARE RELATIVES WELLBEING WORKSHOP



FRIDAY, 21<sup>st</sup>  
FEBRUARY

Venue: Armada Hotel, Spanish Point

Time: 11:00 – 4:00pm (lunch provided)

Cost: Free of charge

- An opportunity for relatives of people who experience mental health difficulties to come together to practice self-care and recovery in a supportive environment.
- Presentations and workshops on peer support for relatives accessing mental health services
- Opportunity for relatives to get involved collectively to effect change within the mental health services

For more information or to book a place, please contact:

**Aoife Farrell, Training and Development Worker**  
087 974 9288 or [afarrell@shineonline.ie](mailto:afarrell@shineonline.ie)

FRIENDS Project

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Supporting family members of people who experience mental health difficulties

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Self-care and Recovery

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Peer Support

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Inclusion of family members in mental health service delivery

FRIENDS Project



Family Recovery Initiatives  
by Engaging, Networking and  
Developing Supports