

LIMERICK RELATIVES WELLBEING WORKSHOP



WEDNESDAY, 5TH MARCH

Venue: Maldron Hotel, Roxborough, Limerick

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

FRIENDS Project

–

Supporting family members of people who experience mental health difficulties

–

Self-care and Recovery

–

Peer Support

–

Inclusion of family members in mental health service delivery

FRIENDS Project



Family Recovery Initiatives
by Engaging, Networking and
Developing Supports