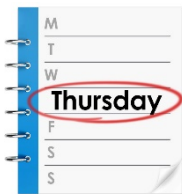




World Mental Health Week takes place the 10th – 14th of October.



St John of God's have organised different events and classes for each day this week.

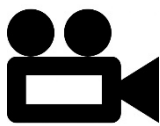


Thursday is about Meaning.

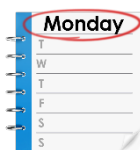
Meaning is about things that are really important to you, and things that help us feel like we belong to something that is bigger than ourselves.



A Bake Off event will take place on Thursday.



The Bake Off judges will video themselves making recipes.



You can see these videos online on Monday 10th.



You can make your own version of the recipe.



You can bring what you have baked to Tessa House on Thursday at 2pm to be judged.



The judging will be 1 hour long.



You can book a ticket for this event on Eventbrite.



If you have any questions, you can ask Karla Duffy.

Her email is karla.duffy@sjog.ie