


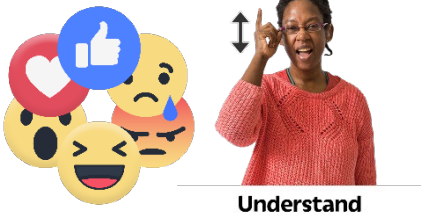

	<p>World Mental Health Week takes place the 10th – 14th of October.</p>
	<p>St John of God's have organised different events and classes for each day this week.</p>
	<p>Monday is about positive emotions.</p> <p>Positive emotions means things that make you smile, make you feel happy, and make you feel good about your life.</p>
	<p>There will be a Journaling Workshop on Monday.</p> <p>The event is called 'Journaling Workshop: Getting it Write'.</p>
	<p>Journaling can help you to write down your feelings</p> <p>It can help you to understand how you are feeling more clearly.</p>
	<p>Kemi Adisa will be leading this workshop.</p>



There will be two journaling workshops on Monday.

One workshop will be in Kildare. One workshop will be in Dublin.



The workshop in Dublin will be on in the Greengables Meeting Room at 11am.



The workshop in Kildare will be on in the Greenroom at 2pm.



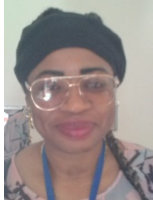
Please bring along a pen and some paper.



You can bring coloured pens if you could like.



You can book a ticket for this class on Eventbrite.



If you have any questions, you can ask Kemi Adisa.

Her phone number is 0868094036.