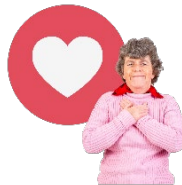




World Mental Health Week takes place the 10th – 14th of October.



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



Monday is about positive emotions.

Positive emotions means things that make you smile, make you feel happy, and make you feel good about your life.



Guided Meditation sessions will take place in Kildare and Dublin.



Margaret Mulcaire will lead these sessions.



Two meditation sessions will take place in the morning in The Oratory in Islandbridge.



One session will be at 10:15am.



One session will be at 11:15am.



Two meditation sessions will take place in the afternoon in The Chapel in Celbridge.



One session will be at 1:30pm.



One session will be at 2:30pm.



Each meditation session will be 45 minutes long.



Each session can fit up to 15 people.



If you have any questions, you can ask Margaret Mulcaire.

Her phone number is 087 9980274.