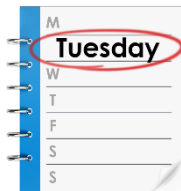




World Mental Health Week takes place the 10th – 14th of October.

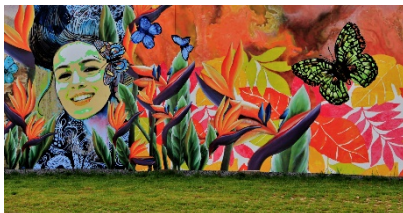


St John of God's have organised different events and classes for each day this week.



Tuesday is about engagement.

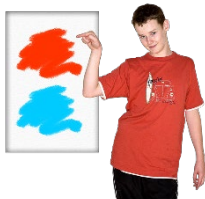
Engagement means activities that you really enjoy doing, and things you are really good at doing.



On Tuesday, we want your help to create a wall mural in St. Raphael's Kildare.



Come along between 10:30am and 1:30pm.



Use colours, shapes, paints and objects to make an art mural.



Meet up with friends and make new friends.



Wear old clothes. They might get dirty!



Send your mural design to Cathy by 30th September.



Book your time slot on Eventbrite.

- 10:30 – 11:30
- 11:30 – 12:30
- 12:30 – 1:30



If you have any questions, you can ask Cathy Hayes.

Her email is cathy.hayes@sjog.ie