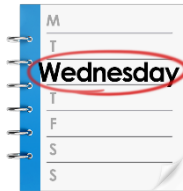




World Mental Health Week takes place the 10th – 14th of October.



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



Wednesday is about relationships.

Relationships is about your connections with the people around you.



On Wednesday there will be a reminiscence group in Kildare. This will be called Sonas.



Think back on memories from when you were young.



Play games and listen to music you used to play when you were young.

	<p>You can bring an object or photograph that reminds you of these times.</p>
	<p>You can tell others the story behind your photo or object.</p>
	<p>There will be one group for people aged 50-60 years.</p> <p>There will be another group for people over 60 years old.</p>
	<p>The time and place of these events are to be confirmed.</p>
	<p>If you have any questions, you can ask Cathy Hayes.</p> <p>Her email is cathy.hayes@sjog.ie</p>