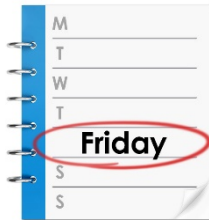




World Mental Health Week takes place the 10<sup>th</sup> – 14<sup>th</sup> of October.



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



Friday is about achievement.

Achievement is about goals you have achieved or things you have done that make you feel proud.



A Service of Reflection will take place on Friday.



Margaret Mulcaire will lead this service.



The theme of this service is 'Wellsprings of Living Water'.



There will be music, readings and poems at the service.



This service will be on in the Chapel in Celbridge.



The service will start at 11am.



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

Her phone number is 087 9980274.