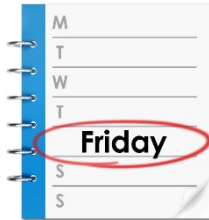




World Mental Health Week takes place the 10th – 14th of October.



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



Friday is about achievement.

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



On Friday, Peter Fanthom will give a talk about Volunteering.



Volunteering means giving our time to help other people.



Volunteering can be good for our mental wellbeing.



The talk will be on in the Resource Centre in Celbridge at 10am.



The talk will be on again in the Main Hall in Islandbridge at 12pm.



Each talk will last about 10 minutes.



If you have any questions, you can ask Peter Fanthom.

His email is peter.fanthom@sjog.ie