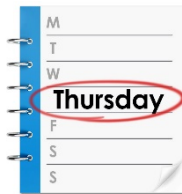




World Mental Health Week takes place the 10th – 14th of October.



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



Thursday is about Meaning.

Meaning is about things that are really important to you, and things that help us feel like we belong to something that is bigger than ourselves.



Yvonne Cullen is a writer.

Yvonne will be running a writer's class.



This event will be on in the Memorial Park in Islandbridge.



Yvonne will bring you on a walk in the park.

Yvonne will ask you what you can see and feel.

Yvonne will help you to make these feelings into a poem or piece of writing.



Everyone is welcome to join the class.

You can join if it is your first time writing.



If it is raining, this class will take place indoors in Islandbridge.



There will be four different classes on over the day.

Each class will be 1 hour long.



This class will be outdoors.

Bring warm clothes, a coat and an umbrella.



If it is raining, this class will take place indoors in Islandbridge.



You can book a ticket for one of these classes on Eventbrite.

Click on the link:



If you have any questions, you can ask Karla Duffy.

Her email is karla.duffy@sjog.ie