



Cavan Events for World Mental Health Day

Walks, talks and well being events to mark
World Mental Health Day
Wednesday 10th October 2018

Various locations around County Cavan

ALL EVENTS ARE FREE



The World Health Organisation designates 10th October every year as World Mental Health Day. This year the focus is on 'Young People and Mental Health in a Changing World'.

Help us to mark World Mental Health Day by taking part in some of the events listed here or start a conversation about mental health in your community.

'Positive Mental Health' Coping with Stress and Building Resilience Events Space, Johnston Central Library

Talk by Psychologist Dr Ryan O'Neill on resilience and stress reduction, with a perspective from a person with lived experience of mental health difficulties.

Opening address by Cathaoirleach Madeleine Argue

*Be well, eat well,
think well*

Open to the general public, library customers, and staff working in local organisations

1 to 2pm with a light lunch provided



All events take place on Wednesday 10th October 2018

'Walk & Talk' in Con Smith Park



Healthy
Cavan

Cavan Strollers are hosting two 'Walk and Talk' events in Con Smith Park, Cavan town. **Morning walk:** Meet at 10.30am outside Johnston Central Library. Return to the library for tea and coffee.

Evening walk: Meet at 6pm at the Orchard car park. Return to the Orchard for light refreshments. Healthy Cavan Co-ordinator Tel (049) 437 8578

Cavan Rainbow Youth



A counsellor will give a talk on depression and mindfulness to Killeshandra Youth Café participants on World Mental Health Day. There will be a screening of a video on mental made by students from Largy College.

'Walk & Talk' in Killeshandra



Meet at 11am at Focus Family Resource Centre Portaliffe Centre, Main Street, Killeshandra
Tel (049) 436 4065



'Walk & Talk' in Templeport

Meet at 7pm at St Aidan's Park, Bawnboy

Templeport Development Association

Information on local services will be available at all events

'Walk & Talk' in Bailieborough

Meet at 11am at Bailieborough Development Association office to walk around the Castle Lake. Followed by light refreshments. Hosted by Bailieborough Walking Group.

'Walk & Talk' in Ballinagh

Ballinagh Walkie Talkies will host a walk leaving at 5.30pm from Ballinagh Community Centre to Flemings Folly.

'Walk & Talk' in Tullacmongan

Meet at 11:30am at Tullacmongan Resource Centre for a walk around the pitch (weather permitting), followed by tea/coffee scones. All welcome (children and adults). Contact Noel Maguire. Tullacmongan pre-school children will wear teeshirts specially designed for the day.

Cavan Older People's Council

Information Talk on 'Carer's Stress & Minding Yourself'
Talk by Geraldine Clarke from Cavan Family Carers
11am in the Old Reference Library (Council Environment Service Office.)

Free Trial - Fitness or Yoga Classes

Zest Health & Fitness Club, Cavan Crystal Hotel, Cavan Town
Free Trial from 9am until 2pm including pool & gym

Synergy Fitness Centre, The Morgan Centre, Farnham Street, Cavan Town
Zumba Class at 6.15pm

Mac Fitness, Virginia, County Cavan
Fitness Class at 12pm

121 Fitness, Unit 4, Kilmore Business Park, Cavan Town
Boxing Class at 7pm

Dutchy's Fitness Centre, Corlurgan Business Park, Ballinagh Road, Cavan Town
Boxercise. Classes available at 9.30am, 10.30am, 4pm, 5pm, 6pm & 7pm

Belturbet Fitness Centre, Belturbet, County Cavan
Circuit Class at 7pm

Tree Frog Yoga Studio (above Belturbet Pharmacy), Belturbet, County Cavan
Introduction to Yoga & Mindfulness from 10-11am

Annalee Ashtanga Studio, Lurganboy, Maudabawn, Cootehill, County Cavan
Ashtanga Yoga for Beginners at 6.30pm

Bridge Street Centre, Bridge Street, Cavan Town, County Cavan
Hatha Style Yoga with Stacey Gardiner from 5.45pm-6.45pm



All sessions take place on Wednesday 10th October 2018

World Mental Health Day



Cavan County Childcare Committee

Childcare providers will encourage kids to talk about their feelings and help them think about what makes them happy.



Cavan County Childcare Committee's guide to the Free pre school scheme

Teach Oscail Family Resource Centre

Therapeutic flower arranging session for children of St Clare's National School, symbolising the importance of nurturing children for health, growth, development and well-being.



ADDRESS:
Unit 10 Newcourt
Church Street
Cavan
Contact us on: 019 4372730
info@teachoscailfre.ie

Happy Feet Walkers

Happy Feet Walkers, Cootehill, invites and encourages walkers to join them for a 'walk and talk' to mark 'World Mental Health Day' on Wednesday 10th October. Walk starts at 7pm sharp from St Michael's Hall, Cootehill. Registration takes place beforehand. All Welcome.

