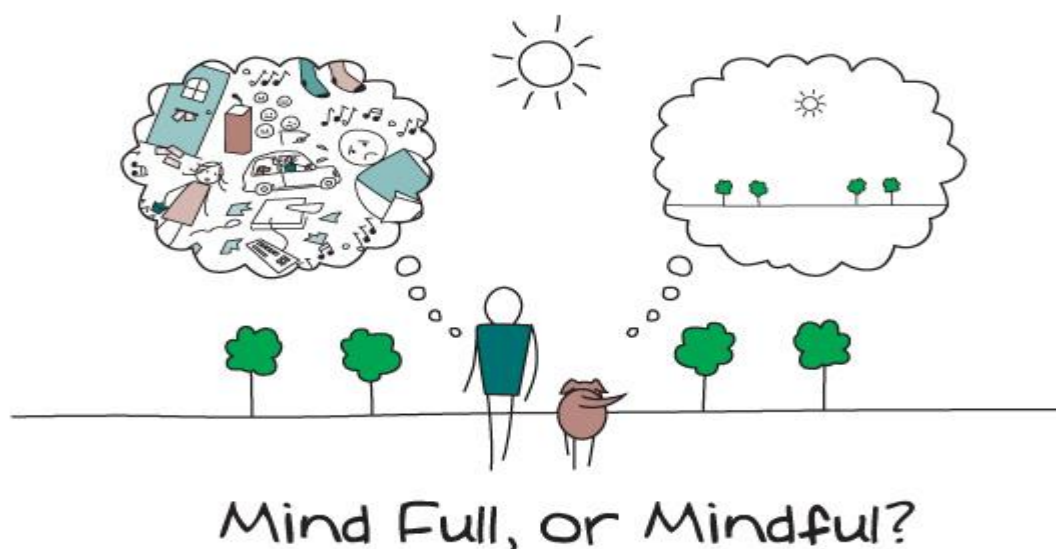


LIVING WELL

A course to support positive mental health



This free six week course aims to help you develop skills to support psychological well being

Topics include:

Assertive communication

Building your self esteem

Developing more nurturing ways to self care

Challenging your inner critic

Mindfulness meditation

This is a small interactive group. Groups often run on Thursday mornings and runs for six or eight weeks.

Please ask your Psychology service for more details by contacting Vicky Mc Kenna 086 7709133, to register your interest or check out our website www.hse.ie/dunlaoghaireglathulepct

This course is run by Dublin South Primary Care Psychology Services a few times a year dependant on demand and resources.