GROW COMMUNITY FOUR WEEK
MENTAL HEALTH AWARENESS PROGRAMME
Drogheda Arts Centre, Barlow House
Narrow West Street, Drogheda, Co. Louth
Starting on Thursday 17th October 2013
@ 7.30pm for four consecutive Thursdays.
All Welcome - Free of charge
For further details contact: Roseanna on: 086 054 7472
Information line: 1890 474 474  Web: www.grow.ie

Week 1: Thursday 17th October
Presentation by Shane Martin
Reg. Psychol., Ps.S.I. Moodwatchers.
“Harnessing Strengths during Challenging Times”

Week 2: Thursday 24th October
“Stigma
How it impacts on the person with self-experience and their family”
by Derek Pepper,
Regional Development Officer, SHINE

Week 3: Thursday 31st October
Presentation by Dr. Harry Barry
“Depression - A 21st Century Approach”

Week 4: Thursday 7th November
“Suicide, Dispelling the Myths”
by Garreth Phelan, Resource Officer for
Mental Health Promotion & Suicide
Prevention, HSE North East

A short presentation to be given each night by Roseanna McCabe on GROW.

The community awareness programme aims to develop thinking around the subject of mental health in general, its relevance to our lives today and the need and importance of maintaining one's own mental health and general sense of well-being. In association with the 'see change' campaign we aim to create an environment where people are more open and positive in their attitudes towards their mental health.