

Our Community, Our Recovery

An Invitation to you!

**You are invited to attend the Learning Set titled
'Our Community, Our Recovery'**

Learning Sets encourage a creative approach to learning by offering opportunities for people who attend mental health services, their family members/ carers/ supporters and those who provide services to come together to share experiences and learn from each other so we can make our services better for everyone.

When?

**Wednesday,
September 25th,
10am- 4:30pm**

Where?

**Midlands Park
Hotel,
Portlaoise,
Co. Laois, R32 KV20**

Contact:

**RSVP: Through Eventbrite
<https://www.eventbrite.ie/e/our-community-our-recovery-tickets-68454795135>
Email: jackie.farrell@hse.ie
Phone: 01 6207303**

Who is invited?

- ◆ People using the Mental Health Service
- ◆ People experiencing mental health challenges
- ◆ Family members and friends supporting a loved one with mental health challenges
- ◆ Service Providers
- ◆ Those interested in promoting positive mental health, engagement and recovery

6 Interactive Workshops:

1. Five Ways to Wellbeing - A Conversation Cafe
2. Recovery and Employment
3. A Place to Live - How Do Housing Supports work?
4. "I am the architect of my own recovery" - Navigating the Mental Health Services
5. Exploring Recovery through Creativity
6. Taking Control - The Backpack Approach

Invitations Open To:

Louth, Meath, Longford, Westmeath, Laois, Offaly, Kildare, West Wicklow, Dublin West, Dublin South City, Dublin South West, Dublin North, Dublin North Central, Dublin North West