



Join us at Gateway for World Mental Health Day

This event is open to members of Gateway, friends, family, potential new members, service providers, allied healthcare professionals and interested others working across the Mental Health, Community and NGO sectors as well as the local community.

Our event is a celebration of Hope, we will have info talks, music, art, mindfulness and refreshments.

Thursday 10th October 2019

12.00—4.00pm

Gateway Project, 2 Parker Hill, Rathmines, Dublin 6

HOPE

WORLD MENTAL HEALTH DAY AT GATEWAY

12.00-4.00pm

Community public event with refreshments, music, art, information and more

Friends, family and interested people all welcome!

12.00 Event opens

- Welcome from Gateway's MC

12.30 Information about Gateway (BACK ROOM)

with members chatting about their experience of hope
& general information about the Gateway Project

1.00pm Musical Hour (BACK ROOM)

- Open Singalong - Join us for some group singing!
- Performances —poetry and song

2.00pm Information Talks: (BACK ROOM)

- **HOPE in Tallaght: Find out what they do to support people in distress**

3.00pm Mindfulness with Maeve (BACK ROOM)

4.00pm Closing of Event

