

OVER 100 FREE ONLINE AND IN-PERSON EVENTS MANY MORE EVENTS LISTED ON THE WEBSITE

For more information and to register for an event, visit www.KerryMentalHealthAndWellbeingFest.com



👍 Kerry MHW fest 🛛 🛞 @Kerry_MHWFest 🛛 🞯 kerrymhwfest

The Kerry Mental Health and Wellbeing Fest is held annually over the course of a week to highlight World Mental Health Day on 10th October. The Fest aims to raise awareness of the available supports and services in the County as well as to empower people to engage with the Five Ways to Wellbeing through a dynamic and interactive programme of events. With over 100 free events on offer all over the county for all age groups and abilities, there is something for everyone. Enjoy!

CONNECT

THE FIVE WAYS

For: Young Adults, Older Adults, Workplace

Roser Bosch Nutrition and Health Coach

For: Young Adults, Older Adults, Workplace

For: Young Adults, Older Adults & Workplace

Rewind Relay & Reflect

Apricity Wellbeing & NEWKD

Relaxation Techniques for Busy People

Time: 13:45 - 16:00 Venue: Rose Hotel, Tralee, V92 HKA4

Kerry Mental Health Associatio

Sea Shore Safari

Human Chain Challenge On Strickeen Mountain

Time: 09:00 - 12:00 Venue: Strickeen Mountain, Killarney, V93 RK5

Sea Synergy
Time: 12:00 - 13:30 Venue: Sea Synergy Office, Cahersiveen, V23 TP68

For: Everyone (Children under 6 need to be accompanied by an Adult)

Nurturing Wellbeing Through the Menopause Journey

: 18:30 - 19:30 Venue: KDYS , Killarney, V93 W0FH For: Older Adults

Monday, October 7th



For: Young Adults, Older Adults, Workplace Authentic Leadership Coaching - 1:1 sessions Turtle Transformatio Time: 11:00 - 17:00 Venue: Online Event For: Workplace

Meet our Local Bee Whisperer Maine Valley Family Resource Centr Time: 19:00 - 20:00 enue: Maine Valley Family Resource Centre, Castlemaine, V93 R273

Giidy Goats: Breast Feeding Support Group Maine Valley Family Resource Centre Time: 10:00 - 12:00 Venue: Castlemaine Family Resource Centre, Castlemaine, V93 R273 or: Children, Family

KLCYP Film Lab with St. Joseph's National School Maine Valley Family Resource Centr Time: 11:00 - 14:00 Venue: Kerry College, Co. Kerry, V92 PW50

GYM Class with Mario nue: Castlemaine Family Resource Centre, Castlemaine, V93 R273 r: Young Adults, Older Adult

Tuesday, October 8th

KP Therapy Time: 14:00 - 16:30, 18:00 - 20:30 Venue: KP Therapy, Tralee, V92 PVK6

Venue: South Kerry Development Partnership, Killarney, V93 NTCO For: Private Event - Young Adults, Older Adults

Time: 10:00 - 11:30 Venue: Glenbeigh Sports Hall, Glenbeigh, V93 CD50

Building Healthy Boundaries

For: Private Event - Young Adults, Older Adults

Grief & Loss Healing Workshop with Claire Forde Kenmare Family Resource Cente Time: 18:15 - 20:00 Venue: Kenmare Family Resource Centre, Kenmare, V93 K580 For: Everyone

Exploring Nature with Your Senses Kenmare Family Resource Center Time: 14:00 - 15:30 Venue: Taobh Linn Social Centre Kenmare V93 D9H

r: Private Event - Teen

Maine Valley Family Resource Centre Time: 08:00 - 09:00

Full Body Assessment

Managing Your Money, Building Your Future Time: 10:00 - 12:00

BeWell Art Workshop Art Jam Ireland Time: 19:00 - 20:00 Venue: Online Event For: Young Adults, Older Adults

Mindfulness & Self Compassion

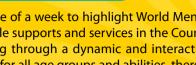
For: Young Adults, Older Adult

Kerry Volunteer Centre Time: 10:00 - 13:00 Venue: Online Event For: Private Event - Workplace

Online Yoga Session with Karin O'Shea Time: 14:00 - 15:30 Venue: Online Event

ALONE in Action Time: 15:00 - 17:00 Venue: Tralee Library, Tralee, V92 X037 For: Young Adults, Older Adults, Family, Workplace

Introduction to Psyched: Mental Health Promotion Training for Workplaces





BURDPEAN UNCH Investing in your Mark European Social Fund European Eu

Art Class for Children (aged 7-12) Saturday, October 5th Time: 10:30 - 12:00 Venue: Maria Hernandez Art Studio Kenmare For: Children

Nurturing Wellbeing Through the Menopause Journey Food & Wellbeing for Us & The Earth Roser Bosch Nutrition and Health Coach Time: 11:00 - 12:00 Venue: KDYS, Tralee, V92 TN63 For: Older Adults Transition Kerry & NFWKD Time: 11:00 - 12:30 Venue: Moyderwell Allotments, Tralee, V92 CRW8

Mindfulness in the Workplace

Killorglin Family Resource Centre Time: 07:00 - 08:00 Venue: Centrepoint Training Academy, Farranfore, V93 F862 For: Workplace

Wild Weeds Herbal Medicine Workshop

Time: 16:00 - 17:30 Venue: Ross Cafe, Killarney, V93 Y0YC For: Young Adults, Older Adults

Art Class for Children (aged 7-12)

Time: 10:30 - 12:00 Venue: Maria Hernandez Art Studio, Kenmare For: Children **KDYS Meditation & Printmaking Session**

Time: 11:30 - 14:00 Venue: KDYS, Tralee, V92 TN63 For: Private Event - Teens

Health and Wellbeing Display Kerry Library Ballybunion Library, Ballybunion, V31A242 Castleisland Library, Castleisland, V92 X073 Caherciveen Library, Caherciveen, V23 H523 Leabharlann Dhaingean Uí Chuis, Dingle, V92 Y288 Kenmare Library, Kenmare, V93 A251 Killarney Library, Killarney, V93 YE35 Killorglin Library, Killorglin, V93 HT92 Tralee Library, Tralee, V92 X037 Listowel Library, Listowel, V31 HT92 Time: 10:00 - 17:00 For: Everyone

Acrylic Pouring Workshop Time: 10:00 - 13:00 Venue: KDYS, Community Hall , Tralee, V92 CRW8 For: Teens, Young Adults

Children's Creative Mindfulness (aged 5-9) Maine Valley Family Resource Centre Time: 11:00 - 12:00 Venue: Castlemaine Family Resource Centre, Castlemaine, V93 R273 For: Children

Celtic Kindness Maine Valley Family Resource Centre ime: 19:30 - 21:30 ue: Castlemaine Family Resource Centre, Castlemaine, V93 R273 or: Young Adults, Older Adults

Shaolin Chi Kung (Qigong) Holistic Life Teachings ime: 10:00 - 12:30 Venue: Killarney Court Hotel , Killarney, V93 AW82 For: Children aged 12 and over, Younger Adults, Older Adults

Tai Chi Chuan Introduction Holistic Life Teachings Fime: 14:00 - 16:30 Venue: Killarney Court Hotel , Killarney, V93 AW82 For: Children aged 12 and over, Younger Adults, Older Adults

Sunday, October 6th

Indian Head Massage Class for Family & Friends Anette Wedig Therapies Time: 14:00 - 16:00 Venue: Centre for Smart Ageing, Farranfore, V93 P7V For: Young Adults, Older Adults, Family

Mindfulness & Positive Psychology SKDF Time: 14:00 - 15:30 Venue: Glenbeigh Sports Hall, Glenbeigh, V93 CD50

Rialtas na hÉireann Government of Ireland

For: Young Adults, Older Adults

Creative Art Class for Teens Time: 11:00 - 12:30 13 00 - 14 30 e: Pobalscoil Chorca Dhuibhne, Dingle, V92 DR04 For: Private Event - Teens **Mindfulness & Positive Psychology** SKDP

e. 9.30 - 11.30 Venue: Áras an Phohail Tralee V92CRW8

e: 10:00 - 11:30 Venue: KCYMS Community Hall Killorglin, Killorglin, V93 DN1Y For: Young Adults, Older Adults

Forest Therapy Walk The Nature Hub ime: 11:00 - 12:30 Venue: Ross Castle Woods, Killarnev For: Young Adults, Older Adults

Preventing Burnout Kerry Volunteer Centre 10:00 - 13:00 V • Online Event For: Private Event - Workplace

Head, Heart and Hands (Thinking, Feeling, Doing) Transition Kerry & NEWKD e: 11:00 - 12:30 Venue: Tralee Bay Wetlands Eco & Activity Park, Tralee, V92 HH57

r: Young Adults, Older Adults, Workplace Crochet Workshop KDYS

e: 17:00 - 19:00 enue: KDYS, Cróige Family Support Services, Tralee, V92 CRW8 or: Older Adults Learn to Play the Ukulele

Kenmare Family Resource Center Time: 13:30 - 14:30 : Taobh Linn Social Centre, Kenmare, V93 D9HE

Stretch & Mobility Class Listowel Family Resource Centre e: 11:00 - 11:45 Venue: Listowel Community Centre, Listowel, V31 VK13 or: Older Adult

Authentic Leadership Group (In-Person) Turtle Transforma e: Turtle Transformation Limited, Glenbeigh, V93 F6X0 Time: 09:30 - 10:30 Venu

Time: 09:30 - 13:00 Venue: Online Event For: Workplace	For: Teens, Young Adults, Older Adults, Workplace	Event: Castlemaine Family Resource Centre, Castlemaine, V93 R273 For: Young Adults
Clay Modelling Maine Valley Family Resource Centre	Flower Arranging Maine Valley Family Resource Centre	Aiseanna na hÓige Parent & Toddler Group
Time: 16:00 - 18:00	Time: 16:30 - 19:00	Time: 09:30 - 11:00 Event: Áiseanna na hÓige, Dingle, V92DT44
Venue: Castlemaine Family Resource Centre, Castlemaine, V93 R273 For: Workplace Authentic Leadership Group (Online)	Venue: Castlemaine Family Resource Centre, Castlemaine, V93 R273	For: Children, Family
Turtle Transformation	Eating Well in the Workplace - Support for HSE Staff HSE Health Promotion	Killorglin Reiki & Sound Healing Relaxation Session
Time: 09:30 - 10:30 Venue: Online Event For: Young Adults, Older Adults, Workplace	Time: 12:00 - 13:00 Venue: Online Event For: Private Event - Workplace	SKDP Time: 10:00 - 11:00 Event: Church of Ireland St. Michael's, Killorglin, V93 KA9
Authentic Leadership Coaching - 1:1 sessions	Thursday October 10th	For: Young Adults, Older Adults
Turtle Transformation Time: 11:00 - 17:00 Venue: Online Event	Thursday, October 10 th	Rock Climbing for Beginners
For: Young Adults, Older Adults, Workplace	Minding Your Wellbeing - A Programme to Support Your Positive Mental Health and Wellbeing	<i>SKDP</i> Time: 10:00 - 13:00, 15:00 - 18:00
Building Healthy Boundaries	HSE Health Promotion	Event: Wishing Bridge, Gap of Dunloe , Gap of Dunloe For: Young Adults, Older Adult
Kerry Volunteer Centre Time: 10:00 - 13:00 Venue: Online Event For: Private Event - Workplace	Time: 09:30 - 16:00 Venue: Listowel Family Resource Centre, Listowel, V31 EC62 For: Private Event - Workplace	Creative Writing and Nature Journaling Workshop
	Step into the Only Doughnut that is Good for Health and	Transition Kerry & NEWKD Time: 10:00 - 12:00 Event: Rahoonane Community Centre, Tralee, V92 D9HF
Wednesday, October 9 th	Wellbeing	For: Young Adults, Older Adults, Workplace
	Transition Kerry & NEWKD Time: 10:45 - 12:00 Venue: Siamsa Tire, Tralee, V92 XW44	Coping with Miscarriage, Difficult Fertility Journeys
Healthy Habits: How to Create and Maintain Healthy Habits	For: Young Adults, Older Adults, Workplace	or Baby Loss
Time: 10:15 - 12:30 Venue: Meadowlands Hotel , Tralee, V92 DC83 For: Young Adults, Older Adults, Workplace	On Feirm Ground 2	SKDP Time: 19:00 - 20:00 Event: Online Event For: Young Adults, Older Adults
	On Feirm Ground Time: 09:15 - 15:30 Venue: The Education Centre, Tralee, V92 HK52 For: Workplace	3 ,
Chair Yoga Maine Valley Family Resource Centre	Anxiety in Children and Adolescents	Online Self Care Session SKDP
Time: 12:30 - 13:30 Venue: Castlemaine Family Resource Centre, Castlemaine, V93 R273 For: Older Adults	Maine Valley Family Resource Centre	Time: 10:00 - 11:30 Event: Online Event For: Private Event - Young Adults, Older Adults
Masterclass - "The Authenticity Paradox: Why Being Yourself	Time: 19:30 - 20:30 Venue: Castlemaine Family Resource Centre, Castlemaine, V93 R273	Cahersiveen Men's Shed
Can Feel So Hard?"	For: Young Adults, Older Adults, Family	SKDP Time: 10:00 - 11:00 Event: Cahersiveen , Cahersiveen , V23 RY98
Turtle Transformation Time: 09:00 - 09:45 Venue: Online Event For: Workplace	Understanding and Supporting your Adolescents Emotional	For: Private Event - Older Adults
Entrepreneur Mindset Workshop	Journey Kerry Library	Cultivating & Practicing Gratitude in your Life & Business
SKDP Time: 16:00 - 17:30 Venue: Online Event For: Private Event - Workplace	Time: 19:00 - 20:00 Venue: Tralee Library, Tralee, V92 X037 For: Family	Turtle Transformation
	Entrepreneur Mindset Workshop	Time: 13:00 - 13:45 Event: Online Event For: Teens, Young Adults, Older Adults, Workplace
Ukrainian Motanka Doll Workshop for Adults NEWKD	SKDP Time: 16:00 - 17:30 Venue: Online Event For: Private Event - Workplace	Tor. reens, roung Addits, older Addits, workplace
Time: 11:00 - 12:30 Venue: DÍSEART, Dingle, V92 VW7 For: Young Adults, Older Adults	Cahersiveen Reiki & Sound Healing Relaxation Session	Saturday, October 12 th
Áiseanna na hÓige Parent & Toddler Group	SKDP	
NEWKD	Time: 11:00 - 12:00 Venue: Cahersiveen Community Centre, Cahersiveen, V23 V653 For: Young Adults, Older Adults	Qi Gong Wellness: Relax - Revitalise - Re-Energise Qi Gong Wellness
Time: 09:30 - 11:00 Venue: Áiseanna na hÓige, Dingle, V92 DT44 For: Children, Family	Portmagee Reiki & Sound Healing Relaxation Session	Time: 10:00 - 11:00 Venue: Ross Café, Killarney, V93X0TV
Yoga for Teenagers	SKDP	For: Younger and Older Adults
NEWKD	Time: 14:00 - 15:00 Venue: Portmagee Community Center, Portmagee, V23 HY5 For: Young Adults, Older Adults	Down to Earth: How Nature Connection Can Boost
Time: 18:15 - 19:00 Venue: Áiseanna na hÓige, Dingle, V92 DT44 For: Private Event - Teens	Waterville Reiki & Sound Healing Relaxation Session	your Wellbeing Roser Bosch Nutrition and Health Coach
Clippity Clop Therapeutic Horse Riding	SKDP Time: 16:30 - 17:30 Venue: Tech Amergin, Waterville, V23 A24	Time: 12:00 - 12:45 Venue: Centre for Smart Ageing, Farranfore, V93 P7V
NEWKD	For: Young Adults, Older Adults	For: Everyone
Time: 10:00 - 11:00 Venue: Clippity Clop Therapeutic Riding, Tralee, V92 T635 For: Private Event - Children, Teens, Young Adults	Castlemaine Parent, Baby & Toddler Event	Shine Your Light - Willow Lantern Making with Shine NEWKD
Firies Parent & Toddler Group	Maine Valley Family Resource Centre Time: 09:30 - 11:30	Time: 11:00 - 13:00 Venue: Díseart, Dingle, V92 VW74
Maine Valley Family Resource Centre Time: 09:30 - 11:00 Venue: Marian Hall, Firies	Venue: Castlemaine Family Resource Centre, Castlemaine, V93 R273 For: Family	For: Young Adults, Older Adults
	Mindfulness & Self Compassion	Wild Weeds Herbal Medicine Workshop SKDP
Wild Food as a Gateway to Connection and Positive Mental Health	SKDP Time: 10:00 - 11:30 Venue: KCYMS Community Hall Killorglin, Killorglin, V93 DN1Y	Time: 16:00 - 17:30
Transition Kerry & NEWKD Time: 11:00 - 12:30 Venue: DÍSEART, Dingle, V92 VW7	For: Young Adults, Older Adults	Venue: KCYMS Community Hall Killorglin, Killorglin, V93 DN1Y For: Young Adults, Older Adults
For: Young Adults, Older Adults, Workplace	Menopause Champion	5
"MIND & MINGLE" Coffee Morning hosted by Kerry Peer	Kerry Volunteer Centre Time: 10:00 - 13:00 Venue: Online Event For: Private Event - Workplace	Identifying Medicinal Plants & Herbs in Nature SKDP
Support Network	Laughter Yoga & Sound Healing Workshop	Time: 14:00 - 15:30 Venue: Scoil Mhuire National School, Killorglin, V93 HK80
Kerry Peer Support Network Time: 10:30 - 12:00 Venue: Rahoonane Community Centre, Tralee, V92 D9HF	NEWKD Time: 10:30 - 12:30 Venue: Rahoonane Community Centre, Tralee, V92 D9HF	For: Young Adults, Older Adults
For: Young Adults, Older Adults, Family, Workplace	For: Young Adults, Older Adults, Workplace	Pregnancy and Baby Loss; the Male Perspective SKDP
Don't Worry, Be Happy Castleisland Resource Centre	Reflexology with Louise Murphy	Time: 19:00 - 20:00 Venue: Online Event For: Young Adults, Older Adults
Time: 15:15 - 16:45 Venue: Castleisland Resource Centre, Castleisland, V92 VCA3	Maine Valley Family Resource Centre Time: 11:00 - 12:00	Sensory Storytime with Play Therapist Pia Thornton Kerry Library
For: Children	Venue: Castlemaine Family Resource Centre, Castlemaine, V93 R273	Time: 13:30 - 14:30 Venue: Killorglin Library, Killorglin, V93 HT92
Acrylic Pouring Workshop KDYS	For: Young Adults, Older Adults	For: Private Event - Children
Time: 10:00 - 13:00 Venue: KDYS, Cróige Family Support Services, Tralee, V92 CRW8	Online Mindfulness Session SKDP	Sensory Storytime with Play Therapist Pia Thornton Kerry Library
For: Private Event - Teens	Time: 19:30 - 21:00 Venue: Online Event	Time: 10:30 - 11:30 Venue: Leabharlann Dhaingean Uí Chuis, Dinge, V92 Y288
Pilates class KDYS	For: Private Event - Young Adults, Older Adults Chair Yoga for Older Adults	For: Private Event - Children
Time: 17:00 - 18:00 Venue: KDYS, Cróige Family Support Services, Tralee, V92 CRW8 For: Private Event- Workplace	NEWKD	Acrylic Pouring Workshop
Pilates class	Time: 12:45 - 13:15 Venue: The Old School in Camp, Tralee, V92 F854 For: Older Adults	KDYS Time: 10:00 - 13:00 Venue: KDYS, Community hall , Tralee, V92 CRW8
KDYS	Wildlife Kayak	For: Teens, Young Adults, Older Adults
Time: 18:00 - 19:00 Venue: KDYS, Community Hall, Tralee, V92 CRW8 For: Older Adults	Sea Synergy	Family Treasure Hunt
Mental Health First Aid Course (2 Days)- MTU Kerry Tralee Kerry Mental Health Association	Time: 09:00 - 11:00 Venue: Sea Synergy Office, Cahersiveen, V23 TP68 For: Everyone (Children aged 8 and over only)	Maine Valley Family Resource Centre Time: 11:00 - 15:30
Time: 09:30 - 16:15		Venue: Castleisland Resource Centre, Castleisland, V92 VCA3
Venue: Munster Technological University North Campus, Tralee, V92 HD4V For: Young Adults, Older Adults, Workplace	Friday, October 11 th	Family Sunset Paddle
	Kinia Tech Fest	Sea Synergy Time: 17:30 - 19:30 Venue: Sea Synergy Office, Cahersiveen, V23 TP68
Cultivating & Practicing Gratitude in your Life & Business Turtle Transformation	Maine Valley Family Resource Centre	For: Everyone (Children aged 8 and over only)
Time: 13:00 - 13:45 Venue: Online Event	Time: 18:00 - 21:00	

PLEASE NOTE THAT ALL EVENTS ARE ORGANISED INDEPENDENTLY AND ARE SUBJECT TO CHANGE OR CANCELLATION For general enquiries about the Kerry Mental Health and Wellbeing Fest, please email kerrymhwfest20@gmail.com