



# OVER 80 FREE ONLINE AND IN-PERSON EVENTS

For more information and to register for an event, visit  
[www.KerryMentalHealthAndWellbeingFest.com](http://www.KerryMentalHealthAndWellbeingFest.com)

Kerry MHW fest @Kerry\_MHWFest

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 80 free events on offer all over the county for all age groups and abilities, we hope there is something here for everyone. Enjoy!*

## THE FIVE WAYS to WELLBEING



### Saturday, October 8<sup>th</sup>

**THE BRICKX CLUB - LEGO BUILDING WORKSHOP**  
South Kerry Development Partnership  
**Venue:** St Johns National School ,  
Kenmare V93DX76, 10:00 - 11:30  
**For:** 5 - 12 year olds

**TEAM BUILDING AND WALK/TALK HIKE**  
South Kerry Development Partnership  
**Venue:** Cahersiveen - 10:00 - 15:00  
**For:** 18+ Irish and Ukrainian community members

**FOREST THERAPY WALK - The Nature Hub**  
**Venue:** Ross Castle Woods, Killarney, 11:00 - 12:30  
**For:** Adults aged 18+

**COMHAIRLE NA NÓG MINDFULNESS WEEK**  
Kerry Comhairle na nóg  
**Venue:** Online (Social Media) 12:00 Noon  
**For:** Teenagers / Young adults

**RE-ENERGISE LIVE MUSIC CONCERT**  
Jigsaw Kerry Youth Advocates  
**Venue:** Pearse Park, Tralee, 11:30 - 15:30  
**For:** Everyone

**FAMILY YOGA - Super Stars Yoga**  
**Venue:** KDYS, Tralee, V92TN63 13:30 - 14:30 **For:** Ages 5+

**INTRODUCTION TO REIKI - Apricity Wellbeing Initiative**  
**Venue:** Apricity Wellbeing Initiative, Tralee V92V6RX 14:00 - 15:30  
**For:** Adults aged 18 +

**TEEN YOGA - Super Stars Yoga**  
**Venue:** KDYS, Tralee, V92TN63 15:00 - 11:45  
**For:** Teenagers

**THE BRICKX CLUB - LEGO BUILDING WORKSHOP**  
South Kerry Development Partnership  
**Venue:** Maine Valley Family Resource Centre,  
Castlemaine V93 R27 15:00 - 16:30  
**For:** 5 - 12 year olds

### Saturday, October 8<sup>th</sup>

**FENIT GREEN WAY RUN - Spa Fenit Barrow Athletics Club**  
**Venue:** Fenit Playground, V92X8EK, 17:00  
**For:** Everyone

**GET TO KNOW YOUR GUT**  
- South Kerry Development Partnership  
**Venue:** Leaf and Larder, Killorglin V93A03T 17:00 - 18:00  
**For:** Adults aged 18+

**Sunday, October 9<sup>th</sup>**  
**LET GO WITH GRATITUDE - Apricity Wellbeing Initiative**  
**Venue:** Apricity Wellbeing Initiative, Tralee V92V6RX 14:00 - 15:30  
**For:** Adults aged 18 +

**CREATE THE LIFE YOU LOVE! - Ebb & Flow Beo**  
**Venue:** Online Event, 19:30-20:45  
**For:** Everyone

### Monday, October 10<sup>th</sup>

**MORNING BROADCAST - CONNECT - Sean an Seanchaí**  
**Venue:** Online Event (Podcast) 08:20 - 08:30  
**For:** Everyone

**INTRODUCTION TO PSYCHED - MENTAL HEALTH AWARENESS TRAINING FOR WORKPLACES**  
- Health Promotion & Improvement, HSE  
**Venue:** Gleneagle Hotel, Killarney V93 V6W 9.30 - 13:00  
**For:** Workplace

**TAKING CONTROL WORKSHOP**  
- Maine Valley Family Resource Centre  
**Venue:** Castlemaine, V93 R27 10:00 - 16:00  
**For:** Everyone

**KILLARNEY NATIONAL PARK NATURE WALK**  
- South Kerry Development Partnership  
**Venue:** Killarney, 10:00 - 13:00  
**For:** 18+ Irish and Ukrainian community members

### Monday, October 10<sup>th</sup>

**SAM MAGUIRE IS GOOD FOR OUR MENTAL HEALTH**  
- Kerry Mental Health Association  
**Venue:** Ross Café, Killarney V93Y0YC 10:15 - 14:00  
**For:** Everyone

**MENTAL HEALTH AND WELL-BEING FOR TRAVELLER MEN**  
Kerry Travellers Health and Community Development Project  
**Venue:** Community Room, Tralee V92CRW8, 18:00 - 20:00  
**For:** Traveller men

**6-WEEK DRAMA WORKSHOPS FOR TEENS - INTEGRATION**  
South Kerry Development Partnership  
**Venue:** West End House School of Arts ,  
Killarney V93HH64 18:00 - 20:00 **For:** 12 - 17 year olds

**LIVING WITH ANXIETY - HOW YOUR THINKING IMPACTS THIS**  
Caroline Corkery, Counselor - Psychotherapist  
**Venue:** Rahoanane Community Centre,  
Tralee V92D9HF 18:30 - 20:00 **For:** Everyone

**COPING WITH MISCARRIAGE, DIFFICULT FERTILITY JOURNEYS OR BABY LOSS**  
South Kerry Development Partnership  
**Venue:** The Brehon Hotel , Killarney V93RT22, 19:00 - 20:00  
**For:** Adults aged 18+

**MIND MOMENTS© BY REMIND ED™ WELLBEING WORKSHOP FOR CHILDREN AGED 5-8**  
REMind Ed™  
**Venue:** Curraheen Community Hall, Tralee V92 R27, 15:30 - 16:15  
**For:** Children aged 5-8 / Family

### Tuesday, October 11<sup>th</sup>

**MORNING BROADCAST - BE ACTIVE - Sean an Seanchaí**  
**Venue:** Online event (podcast) 08:20 - 08:30  
**For:** Everyone

**SEA SWIMMING - South Kerry Development Partnership**  
**Venue:** Cromane Beach, Cromane, 09:15 - 09:45  
**For:** Everyone

### Tuesday, October 11<sup>th</sup>

**FREE MENTAL HEALTH FIRST AID COURSE X 4 MORNINGS 11-14 OCTOBER, SESSION 1 - Kerry Mental Health Association**  
**Venue:** Ross Café, Killarney V93Y0YC, 9:30 - 12:30  
**For:** Adults aged 18+

**BREAST FEEDING SUPPORT COFFEE MORNING - HSE**  
**Venue:** Maine Valley Family Resource Centre,  
Castlemaine V93 R27 10:00 - 12:00  
**For:** Family

**ACTIVE ELDERLY EXERCISE - NEWKD KRSP**  
**Venue:** Rahoanane Community Centre,  
Tralee V92D9HF 11:30 - 12:15  
**For:** Older adults

**WELL-BEING INTEGRATION FOR OUR UKRAINIAN PUPILS**  
St. John's National School  
**Venue:** St Johns National School,  
Kenmare V93DX76, 11:30 - 13:00  
**For:** Family

**BOUNCE FITNESS - NEWKD KRSP**  
**Venue:** Jump to the Beat, Tralee V92 YH5, 17:00 - 17:45  
**For:** Adults aged 18+

**SUPPORTIVE PARENTING FOR ANXIOUS CHILDHOOD EMOTIONS**  
- changingtracks4life  
**Venue:** Early Years Support Centre ,  
Tralee V92 X51, 19:00 - 20:30  
**For:** Adults aged 18+

**4-WEEK GARDENING WORKSHOP AND INTEGRATION EVENT**  
South Kerry Development Partnership  
**Venue:** Killorglin Family Resource Centre,  
Killorglin V93 VR9, 19:00 - 21:30  
**For:** Adults aged 18+

### Wednesday, October 12<sup>th</sup>

**MORNING BROADCAST - TAKE NOTICE - Sean an Seanchaí**  
**Venue:** Online event (Podcast) 08:20 - 08:30  
**For:** Everyone

**FREE MENTAL HEALTH FIRST AID COURSE X 4 MORNINGS 11-14 OCTOBER, SESSION 2 - Kerry Mental Health Association**  
**Venue:** Ross Café, Killarney V93Y0YC, 9:30 - 12:30  
**For:** Adults aged 18+

**LOOKING AFTER OUR MENTAL HEALTH WITH KERRY PEER SUPPORT NETWORK - Kerry Peer Support Network**  
**Venue:** Rahoanane Community Centre,  
Tralee V92D9HF, 10:30 - 11:30  
**For:** 18+ /Family /Workplace

**WELL-BEING FOR JOB RELATED BURNOUT**  
- Nutshell Training and Education  
**Venue:** Killorglin Family Resource Centre,  
Downtown Hub, Killorglin V93HY97, 13:00 - 14:00  
**For:** Workplace

**DON'T WORRY, BE HAPPY**  
- STORYTELLING AND ARTS ACTIVITIES  
Castleisland Resource Centre  
**Venue:** Castleisland Resource Centre,  
Castleisland V92VCA3, 15:15 - 16:45  
**For:** 8 - 12 year olds

**KILLARNEY HEALTHY EATING FAMILY EVENT**  
South Kerry Development Partnership  
**Venue:** Ballyspillane Family Resource Centre,  
Killarney V93FD1H, 18:00 - 20:00 **For:** Everyone

### Wednesday, October 12<sup>th</sup>

**6 WEEK YOGA FOR ADULTS CLASSES**  
South Kerry Development Partnership  
**Venue:** Aloha House, Killorglin V93K523, 18:00 - 19:00  
**For:** Adults aged 18+

**CPR AND DEFIBRILLATOR WORKSHOP**  
South Kerry Development Partnership  
**Venue:** Laune Rangers GAA Club , Killorglin V93H1KK, 18:30 - 20:00  
**For:** Adults aged 18+

**HEALTHY FOOD MADE EASY - NEWKD KRSP**  
**Venue:** Rahoanane Community Centre,  
Tralee V92D9HF, 18:30 - 20:00  
**For:** Adults aged 18+

**ONE GOOD ADULT - PROMOTING AND SUPPORTING YOUTH MENTAL HEALTH - Jigsaw Kerry**  
**Venue:** Online Event,  
Tralee, 19:00 – 20:00  
**For:** Parents/guardians and people working with young people

### Thursday, October 13<sup>th</sup>

**MORNING BROADCAST - KEEP LEARNING - Sean an Seanchaí**  
**Venue:** Online event (podcast) 08:20 - 08:30  
**For:** Everyone

**FREE MENTAL HEALTH FIRST AID COURSE X 4 MORNINGS 11-14 OCTOBER, SESSION 3 - Kerry Mental Health Association**  
**Venue:** Ross Café, Killarney V93Y0YC, 9:30 - 12:30  
**For:** Adults aged 18+

**RURAL MEN'S WALK - South Kerry Development Partnership**  
**Venue:** Villa Maria Hotel, Waterville V23 AD9, 11:00 - 13:00  
**For:** Retired men

**SPOTLIGHT ON YOUTH MENTAL HEALTH – LIVING WITHOUT LIMITS - KDYS**  
**Venue:** KDYS , Killarney V92 W0F, 11:00 - 12:30  
**For:** People working with young people

**MOVEMENT THROUGH YOGA - NEWKD KRSP**  
**Venue:** Rahoanane Community Centre,  
Tralee V92D9HF, 11:30 - 12:15  
**For:** Adults aged 18+

**LETS TALK ABOUT MENOPAUSE**  
- South Kerry Development Partnership  
**Venue:** Online event, 12:30 - 13:30  
**For:** Women 18+

**UNLOCKING BUSINESS GROWTH-EMPLOYEE ENGAGEMENT & WELLBEING**  
- Tralee Chamber Alliance  
**Venue:** Online event, 13:00 - 13:30  
**For:** Business owners and senior management

**KIDS ACTIVITY CAMP - NEWKD KRSP**  
- Tralee Chamber Alliance  
**Venue:** Rahoanane Community Centre,  
Tralee V92D9HF, 15:00 - 17:00  
**For:** Children

**BEGINNER'S BOXING SESSION FOR MEN OVER 40**  
Tralee Boxing Club  
**Venue:** Tralee Boxing Club , Tralee V92 W3F  
Tralee V92D9HF, 18:00 - 19:00 **For:** Men 40+

**GARDENING WORKSHOP**  
South Kerry Development Partnership  
**Venue:** Killorglin Family Resource Centre,  
Killorglin V93 VR9, 19:00 - 21:30  
**For:** Adults aged 18+

### Thursday, October 13<sup>th</sup>

**SELF-CARE FOR ONE GOOD ADULTS**  
Jigsaw Kerry  
**Venue:** Online event, 19:00 - 20:00  
**For:** Parents/guardians and people working with young people

**FOOD AND MOOD**  
Ailis Brosnan.com  
**Venue:** An Riocht, Castleisland V92 XV82, 19:00 - 20:30  
**For:** Everyone

### Friday, October 14<sup>th</sup>

**MORNING BROADCAST - GIVE - Sean an Seanchaí**  
**Venue:** Online event (podcast) 08:20 - 08:30  
**For:** Everyone

**FREE MENTAL HEALTH FIRST AID COURSE X 4 MORNINGS 11-14 OCTOBER, SESSION 4 - Kerry Mental Health Association**  
**Venue:** Ross Café, Killarney V93Y0YC, 9:30 - 12:30  
**For:** Adults aged 18+

**HIKE FOR HEALTH - Mountain Adventure Walks**  
**Venue:** Killarney, 09:30 - 13:30  
**For:** Teens / 18+

**POSITIVE WELLBEING WORKSHOP INCORPORATING THE 5-A-DAY - KDYS**  
**Venue:** KDYS , Killarney V92 W0F, 15:30 - 17:30  
**For:** Teenagers

**ACTING WORKSHOP FOR TEENS**  
South Kerry Development Partnership  
**Venue:** West End House School of Arts ,  
Killarney V93HH64, 18:00 - 20:00  
**For:** Teenagers

**POSITIVE WELLBEING WORKSHOP INCORPORATING THE 5-A-DAY: KDYS**  
**Venue:** KDYS, Tralee V92TN63, 19:00 - 21:00  
**For:** Teenagers

**AUTUMN SELF-CARE WORKSHOP**  
Ebb & Flo Beo  
**Venue:** Online event, 19:30 - 20:30  
**For:** Adults aged 18+

### Saturday, October 15<sup>th</sup>

**TRALEE BOXING CLUB SATURDAY MORNING SOCIAL**  
Tralee Boxing Club  
**Venue:** Tralee Boxing Club ,  
Tralee V92 W3F, 10:00 - 12:00  
**For:** Everyone

**QI GONG WELLNESS**  
Qi Gong Wellness  
**Venue:** KDYS , Killarney V92 W0F, 12:00 - 13:00  
**For:** Adults aged 18+

### Sunday, October 16<sup>th</sup>

**WILDERNESS WORKOUT**  
NEWKD KRSP  
**Venue:** Ballyseedy Woods, Tralee, 11:00 - 12:30  
**For:** Young adults

**QI GONG WELLNESS**  
Qi Gong Wellness  
**Venue:** Killarney House Gardens,  
Killarney V93 HE3, 11:00 - 12:00  
**For:** Adults aged 18+