



OVER 120 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 kerrymhwwfest

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 120 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 7th

Weaving Webs Of Connection *Transition Kerry & NEWKD*
Venue: Tralee Bay Wetlands Eco & Activity Park, Tralee, V92HH57, 14:30-16:30 **For:** Adults Aged 18+

Wild Food as a Gateway to Connection and Positive Mental Health *Transition Kerry & NEWKD*
Venue: Moyderwell Allotments, Tralee, V92CRW8, 10:30-11:45, 12:30-13:45 **For:** Adults Aged 18+

Qi Gong *Qi Gong Wellness*
Venue: KDYS, Killarney, V92W0FH, 15:00-16:00 **For:** Adults Aged 18+

Rainbows Programme *Maine Valley Family Resource Centre*
Venue: Castlemaine Family Resource Centre, Castlemaine, V93R273 19:00-20:00 **For:** Children

Wellbeing in the Workplace *Killorglin Family Resource Centre*
Venue: Centrepont Training Academy, Farranfore, V93F862, 07:00-08:00 **For:** Workplace

Mind Moments© for Everyone - Interactive Online Wellbeing Workshop *REMInd Ed*
Venue: Online Event, 11:30-12:15 **For:** Everyone

CPR and Defibrillator Workshop *Killorglin (1,2,3) South Kerry Development Partnership*
Venue: Laune Rangers GAA Club, Killorglin, V93H1KK (1) 11:30-12:00 (2) 12:15-12:45 (3) 13:00-13:30 **For:** Adults Aged 18+

Flourish from Within: How Gut Health Shapes Emotional Wellbeing *Roser Bosch Nutrition & Health Coach*
Venue: Centre for Smart Ageing, Farranfore, 10:30-11:15 **For:** Adults Aged 18+

Healthy Cooking Demo & Nutrition Talk *South Kerry Development Partnership*
Venue: Laune Rangers GAA Club, Killorglin, V93H1KK, 12:30-13:30 **For:** Everyone

Tralee Boxing Club Soccer Tournament *Tralee Boxing Club*
Venue: Rahoanane Community Centre, Tralee, V92D9H, 11:00-13:00 **For:** Everyone

Anti Cyber Bullying Workshop. *NEWKD*
Venue: Online Event, 10:00-12:00 **For:** Adults Aged 18+

Finding Peace Session for Parents. *NEWKD*
Venue: Rahoanane Community Centre, Tralee, V92D9HF, 15:30-17:00 **For:** Parents/Guardians

Mindfulness Morning *South West Kerry Family Resource Centre*
Venue: South West Kerry Family Resource Centre, Cahersiveen, V23A393, 10:00-13:00 **For:** Adults Aged 18+

Kerry CCE Wellbeing Morning with Meditation and Yoga *Kerry CCE*
Venue: Dúchas Comhaltas Centre, Tralee, V92HD4V, 09:30-12:30 **For:** Everyone

Sunday, October 8th

Let Go With Gratitude. *Apricity Wellbeing Initiative*
Venue: Apricity Wellbeing Initiative, Tralee, V92V6RX, 12:00-13:30 **For:** Everyone

Mindfulness with Rachel. *South Kerry Development Partnership*
Venue: Glenbeigh Sports Hall, Glenbeigh, V93CD50, 13:00-14:30 **For:** Adults Aged 18+

Human Chain Challenge On Strickeen Mountain *Kerry Mental Health Association*
Venue: Strickeen Mountain, Killarney, 09:00-12:00. **For:** Everyone

Connect With the Natural Beauty Around Us *Tralee Bay Wetlands*
Venue: Tralee Bay Wetlands Eco & Activity Park, Tralee, V92HH57, 11:00-12:00 **For:** Everyone

Team Building Games with Hike, Killarney *South Kerry Development Partnership*
Venue: Muckross House, Killarney, V93CK73, 10:00-15:00 **For:** Adults Aged 18+

Rock Climbing for Beginners *South Kerry Development Partnership*
Venue: Wishing Bridge, Gap of Dunloe, 13:00-16:00 **For:** Adults Aged 18+

Pilates Class *KP Therapy*
Venue: KP Therapy, Tralee, V92PVK6, 11:00-12:00 **For:** Adults Aged 18+

Monday, October 9th

Introduction to Shaolin Chi Kung *Holistic Life Teachings - Sifu Joan Browne*
Venue: The Brehon Hotel, Killarney, V93RT22, 10:00-12:30 **For:** Adults Aged 18+

Chakradance Workshop 1 *Sacred Woman Path*
Venue: Siamsa Tire, Tralee, V92XW44, 11:00-12:00 **For:** Adults Aged 18+

Eco-arts *The Nature Hub - Kerry Walker*
Venue: The Nature Hub, Beaufort, VY3T8Y4, 10:00-11:30 **For:** Adults Aged 18+

Reiki & Relaxation Session *South Kerry Development Partnership*
Venue: Church of Ireland St. Michael's, Killorglin, 10:00-11:00
Venue: Glenbeigh Sports Hall, Glenbeigh, V93CD50, 12:00-13:00
Venue: Portmagee Community Center, Portmagee, V23HY51, 15:00-16:00
Venue: Tech Amergin, Waterville, V23A243, 17:00-18:00 **For:** Adults Aged 18+

Just Keep Swimming with Katie O'Donoghue, 10:30-11:30
Worried Little Squirrels with Katie O'Donoghue, 12:30-13:30
Creative Storytelling Workshop with Kerry Library
Venue: Tralee Library, Tralee, V92X037 **For:** Children

Play Therapy Information Session *Maine Valley Family Resource Centre*
Venue: Castlemaine Family Resource Centre, Castlemaine, V93R273, 19:00-20:30 **For:** Adults Aged 18+

Walk with Jonny *Maine Valley Family Resource Centre*
Venue: Castlemaine Family Resource Centre, Castlemaine, V93R273, 09:30-13:00 **For:** Adults Aged 18+

"The Bag" Kerry Comhairle na nÓg Short Film *KDYS*
Venue: KDYS, Tralee, V92TN63, 16:00-17:00 **For:** Everyone

Stain Glass Art Painting *Maine Valley Family Resource Centre*
Venue: Castlemaine Family Resource Centre, Castlemaine, V93R273 14:00-16:00 **For:** Everyone

Qi Gong Workshop for New Communities *South Kerry Development Partnership*
Venue: KDYS, Killarney, V92W0FH, 10:00-11:30 **For:** Adults Aged 18+

An Overview of Grief *NEWKD*
Venue: Online Event, 19:00-20:00 **For:** Everyone

Parenting Teenagers Course *NEWKD*
Venue: Rahoanane Community Centre, Tralee, V92D9HF, 19:00-20:00 **For:** Parents/Guardians

Adult Creative Art Class. *NEWKD*
Venue: Diseart, Green Street, Dingle, V92VW74 10:00-12:00 **For:** Adults Aged 18+

Tuesday, October 10th

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+

Parents Workshop to Support Teenagers with Body Confidence & Positive Periods *Apricity Wellbeing Initiative*
Venue: Killorglin Family Resource Centre, Killorglin, V93VR96, 19:00-21:00 **For:** Parents/Guardians

Minding Your Wellbeing Workshop for HSE staff *HSE - Health Promotion*
Venue: Údarás Na Gaeltachta, Dingle, V92TX48, 10:00-16:30 **For:** Workplace

Autumn/Winter Gardening Workshop *South Kerry Development Partnership*
Venue: KCYMS Community Hall Killorglin, Killorglin, V93DN1Y, 19:00-21:00 **For:** Adults Aged 18+

Full Body Assessment *KP Therapy*
Venue: KP Therapy, Tralee, V92PVK6, 18:00-20:30. **For:** Teens & Adults

Just Keep Swimming with Katie O'Donoghue, 10:30-11:30
Worried Little Squirrels with Katie O'Donoghue, 12:30-13:30
Creative Storytelling Workshop with Kerry Library
Venue: Castleisland Library, Castleisland, V92X073 **For:** Children

Introduction to Psyched: Mental Health Promotion Training for Workplaces *HSE - Health Promotion*
Venue: Online Event, 09:30-13:00. **For:** Workplace

Breast Feeding - Social Morning *Maine Valley Family Resource Centre*
Venue: Castlemaine Family Resource Centre, Castlemaine, V93R273, 10:00-12:00 **For:** Family

Creative Writing Course *NEWKD*
Venue: Online Event, 18:00-19:30 **For:** Everyone

Wednesday, October 11th

"Looking after Our Mental Health & Well-Being" Coffee Morning *Kerry Peer Support Network*
Venue: Rahoanane Community Centre, Tralee, V92D9HF, 10:30-11:30 **For:** Adults Aged 18+

Don't Worry, Be Happy *Castleisland Resource Centre*
Venue: Castleisland Resource Centre, Castleisland, V92VCA3, 15:15-16:45 **For:** Children

Minding Your Wellbeing for HSE Staff. *HSE - Health Promotion*
Venue: Michael J Quill Centre, Kilgarvan, 10:00-16:30 **For:** Workplace

Parents Workshop to Support Teenagers with Body Confidence and Positive Periods *Shannow Family Resource Centre*
Venue: Shannow Family Resource Centre, Abbeydorney, V92H924, 19:00-21:00 **For:** Parents/Guardians

CPR and Defibrillator Workshop Cahersiveen *South Kerry Development Partnership*
Venue: Foroige West Iveragh UBU Project, Cahersiveen, V23V653, 15:30-17:00 **For:** Teens & Young Adults

Chakradance Workshop 2 *Sacred Woman Path*
Venue: Siamsa Tire, Tralee, V92XW44, 13:00-14:00 **For:** Adults Aged 18+

Well-Being in Parenthood *Listowel FRC*
Venue: Listowel Family Resource Centre, Listowel, V31EC62, 10:30-13:00 **For:** Parents/Guardians

Firies Parent & Toddler Group *Maine Valley Family Resource Centre*
Venue: Marian Hall, Firies, 09:30-11:00 **For:** Children & Families

Five Ways to Wellbeing *KDYS*
Venue: KDYS Killorglin, Killorglin, V93NFX9, 15:30-17:30 **For:** Teens & Young Adults

Taking Care of Mental Health *Jigsaw Kerry*
Venue: Madden's, Tralee, V92YD3, 17:00-18:15 **For:** Young Adults

Ballyheigue FRC Self Care Day *Maine Valley Family Resource Centre*
Venue: Ballyheigue Kerryhead FRC, Ballyheigue, V92N225, 09:30-16:00 **For:** Workplace

Mindfulness and Yoga *South Kerry Development Partnership*
Venue: Kenmare Family Resource Centre, Kenmare, V93KS80, 10:00-11:30 **For:** Adults Aged 18+

Mindfulness with Susan Barrett *NEWKD*
Venue: Shanakill FRC, Tralee, V92PF30, 10:30-12:00 **For:** Adults Aged 18+

Teenagers Mindfulness *NEWKD*
Venue: Rahoanane Community Centre, Tralee, V92D9HF, 15:30-16:30 **For:** Teens

'Stop Working and Start Living' *Maine Valley Family Resource Centre*
Venue: Maine Valley Family Resource Centre, Castlemaine, V93R273, 18:30-20:00 **For:** Older Adults

TAI- CHI Morning *South West Kerry Family Resource Centre*
Venue: South West Kerry Family Resource Centre, Cahersiveen, V23A393, 11:00-12:00 **For:** Adults Aged 18+

Ode to Autumn (Seasonal Wellness & Yoga Workshop) *Ebb & Flo Beo*
Venue: Online Event, 20:15-21:30 **For:** Everyone

Thursday, October 12th

South Kerry Rural Men's Group Beach Walk and Wellness Talk *South Kerry Development Partnership*
Venue: Rossbeigh Beach, Glenbeigh, V93YY26, 11:00-13:00 **For:** Older Adults

Teenage Boxing for Better Mental Health *Tralee Boxing Club*
Venue: Tralee Boxing Club , Tralee, V92V970, 18:00-19:15 **For:** Teens

Entrepreneur Mindset *South Kerry Development Partnership*
Venue: Online Event, 10:00-11:30 **For:** Adults Aged 18+

Castlemaine Family Resource Centre Parent & Toddler Group *Maine Valley Family Resource Centre*
Venue: Castlemaine Family Resource Centre, Castlemaine, V93R273, 09:30-11:00 **For:** Children & Families

Practicing Self Care for Wellbeing *Údarás na Gaeltachta - CE Scheme*
Venue: Hall Pobail na Sceilge, Ballinskelligs, V23DT28, 10:30-11:30 **For:** Everyone

Connect With the Natural Beauty Around Us *Tralee Bay Wetlands*
Venue: Tralee Bay Wetlands Eco & Activity Park, Tralee, V92HH57, 15:30-16:00 **For:** Everyone

Pilates Class *KP Therapy*
Venue: KP Therapy, Tralee, V92PVK6, 11:00-12:00 **For:** Adults Aged 18+

FREE Mental Health First Aid Course (2 Days) *MTU Kerry Tralee and Ross Cafe Killarney Kerry Mental Health Association*
Venue: SOLAS, Munster Technological University, Tralee, V92HD4V, 09:30-16:30
Venue: Ross Café, Killarney, V93Y0YC, 09:30-16:30 **For:** Adults Aged 18+

"The Bag" Kerry Comhairle na nÓg Short Film *KDYS*
Venue: KDYS, Killarney, V92W0FH, 16:00-17:00. **For:** Everyone

Minding Yourself in Work - A Workshop for HSE Staff *HSE - Health Promotion*
Venue: Tralee Library, Tralee, V92X037, 10:30-12:30. **For:** Workplace

Let's Get Gutsy *Kerry Volunteer Centre*
Venue: The Brehon Hotel, Killarney, V93RT22, 10:30-12:00 **For:** Adults Aged 18+

Sound Bathing *NEWKD*
Venue: Rahoanane Community Centre, Tralee, V92D9HF, 10:00-11:00 **For:** Adults Aged 18+

Friday, October 13th

Micro Pond and Journalling Workshop *Transition Kerry & NEWKD*
Venue: Marian Park Allotments, Tralee, 10:30-12:30 **For:** Adults Aged 18+

Chakradance Workshop 3 *Sacred Woman Path*
Venue: Siamsa Tire, Tralee, V92XW44, 18:30-19:30 **For:** Adults Aged 18+

Entrepreneur Mindset *South Kerry Development Partnership*
Venue: Online Event, 10:00-11:30 **For:** Adults Aged 18+

Connect With the Natural Beauty Around Us *Tralee Bay Wetlands*
Venue: Tralee Bay Wetlands Eco & Activity Park, Tralee, V92HH57, 15:30-16:00. **For:** Everyone

Team Building Games with Hike, Kenmare *South Kerry Development Partnership*
Venue: Kenmare, Kerry, Kenmare, V93YKK8, 10:00-15:00 **For:** Adults Aged 18+

Chair Yoga for Older Adults *Listowel Community Centre*
Venue: Listowel Community Centre, Listowel, V31VK13, 12:15-13:00 **For:** Older Adults

Wellbeing Wall *KDYS*
Venue: KDYS, Tralee, V92TN63 16:00-18:00 **For:** Teens & Young Adults

Be Well Workshop *KDYS*
Venue: KDYS, Tralee, V92TN63 16:00-18:00 **For:** Teens & Young Adults

Packed With Positivity-Adult Workshop *Kerry Volunteer Centre*
Venue: Meadowlands Hotel, Tralee, V92DC83, 10:00-12:00, 13:00-15:00, 16:00-18:00 **For:** Adults Aged 18+

Five Ways to Wellbeing *KDYS*
Venue: Lyracrompane Community Centre, Lyracrompane, V31DA36, 18:00-20:00 **For:** Teens & Young Adults

Zumba Workshop for New Communities *South Kerry Development Partnership*
Venue: Park Lodge, Killarney, 10:00-11:30 **For:** Adults Aged 18+

Adult Creative Art Class *NEWKD*
Venue: Rahoanane Community Centre, Tralee, V92D9HF, 14:30-16:30 **For:** Adults Aged 18+

Creative Art Course *NEWKD*
Venue: Tarbert Community Centre, Tarbert, HS33DG, 10:00-12:00 **For:** Adults Aged 18+

Breathing Yoga *NEWKD*
Venue: Rahoanane Community Centre, Tralee, V92D9HF, 10:00-11:00 **For:** Adults Aged 18+

Laughter Yoga *NEWKD*
Venue: Rahoanane Community Centre, Tralee, V92D9HF, 11:30-12:30 **For:** Adults Aged 18+

Fall Prevention Pilates *NEWKD*
Venue: Listowel Family Resource Centre, Listowel, V31EC62, 12:00-13:00 **For:** Older Adults

Fall Prevention Pilates *NEWKD*
Venue: Ballybunion Community Centre, Ballybunion, V31V998, 14:00-15:00 **For:** Older Adults

Saturday, October 14th

Teen Yoga *Super Stars Yoga*
Venue: KDYS, Tralee, V92TN63, 16:00-16:45 **For:** Teens

Introduction to Shaolin Chi Kung with Shaolin Master Joan Browne *Holistic Life Teachings - Sifu Joan Browne*
Venue: Online Event, 18:00-20:30 **For:** Adults Aged 18+

Sun Set Paddle *Sea Synergy*
Venue: Sea Synergy Office, Cahersiveen, V23Y925, 17:00-19:00 **For:** Teens & Adults

Wild Weeds Herbal Medicine Workshop *South Kerry Development Partnership*
Venue: Ross Café, Killarney, V93Y0YC, 10:30-12:00 **For:** Adults Aged 18+

Connect With the Natural Beauty Around Us *Tralee Bay Wetlands*
Venue: Tralee Bay Wetlands Eco & Activity Park, Tralee, V92HH5, 15:30-16:00 **For:** Everyone

Team Building Games with Hike, Cahersiveen *South Kerry Development Partnership*
Venue: Coars National School, Cahersiveen, Cahersiveen, V23Y597, 10:00-15:00 **For:** Adults Aged 18+

Nurturing Wellbeing Through Menopause *Roser Bosch Nutrition & Health Coach*
Venue: Centre for Smart Ageing, Farranfore, 14:00-15:30 **For:** Adults Aged 18+

Mindful Storytime with Sinead *Kerry Library*
Venue: Castleisland Library, Castleisland, V92X073, 11:30-12:10 **For:** Children

Delightfully Dilly Storytime *Kerry Library*
Venue: Listowel Library, Listowel, V31HT92, 11:00-12:00 **For:** Children

Kenmare Healthy Eating - At 'Training with the Stars' *South Kerry Development Partnership*
Venue: Kenmare Shamrocks GAA Club, Kenmare, V93XD6P, 11:30-15:00 **For:** Everyone

Art Class for Children (aged 7-12) *South Kerry Development Partnership*
Venue: Maria Hernandez Art Studio, Kenmare, 10:00-11:30 **For:** Children aged 7-12

United Against Racism Park Walk *NEWKD*
Venue: Tralee Town Park, Tralee, 15:00-16:00 **For:** Everyone

Who's for Science *Maine Valley Family Resource Centre*
Venue: Castlemaine Family Resource Centre, Castlemaine, V93R273, 11:00-13:00 **For:** Children & Teens



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 kerrymhwwfest20@gmail.com