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## **Mid West ARIES: Online Workshop Timetable August 2024** **(<https://www.activelink.ie/node/109587>)**

**Mid West Recovery Education Service (ARIES) are delighted to announce our free August 2024 online schedule.**

Mid West ARIES aims to provide the Mid West Region with an inspirational and inclusive educational programme on recovery and wellbeing in mental health.

Our free courses are for anyone aged 18+ with an interest in recovery and mental health. The topics of the courses are created and delivered by people with lived experience, family members and staff working within the mental health services. This is called co-production and means that everyone has a say in what goes in to the courses.

**Places can be booked through the following link: <https://midwestaries.eventbrite.ie> (<https://midwestaries.eventbrite.ie>) or by email or by phone. (Contact details on attached document)**

Please do not hesitate to contact us at Mid West ARIES if you require any further information or visit our website at <http://hse.ie/mwaries> (<http://hse.ie/mwaries>) or find us on social media @MidWestARIES

### **Region**

Online

[Further Information \(http://hse.ie/mwaries\)](http://hse.ie/mwaries)

### **Date Entered/Updated**

16th Jul, 2024

### **Expiry Date**

30th Aug, 2024

### **Attachment**

[MWA August 2024 Online Timetable .pdf](#)

[MWA August Webinar My Mental Health - Getting Ready for Winter.pdf](#)

### **Size**

310.69  
KB

2.45 MB

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**Source URL:** <https://www.activelink.ie/community-exchange/training/109587-mid-west-aries-online-workshop-timetable-august-2024>