

## **Mid West ARIES: Workshop Timetables November 2024** **(<https://www.activelink.ie/node/111563>)**

**Mid West Recovery Education Service (ARIES) are delighted to announce our free November 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 to Cillian Keane at [cillian.keane@hse.ie](mailto:cillian.keane@hse.ie) (<mailto:cillian.keane@hse.ie>).

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 / Killaloe, Co Clare

[Book here \(https://midwestaries.eventbrite.ie\)](https://midwestaries.eventbrite.ie)

### **Date Entered/Updated**

16th Oct, 2024

### **Expiry Date**

30th Nov, 2024

<b>Attachment</b>	<b>Size</b>
<a href="#">MWA November Online Timetable 2024.pdf</a>	319.27 KB
<a href="#">My Mental Health Looking After Me at Christmas Webinar.pdf</a>	707.47 KB
<a href="#">MWA Killaloe_Ballina FRC November 2024_.pdf</a>	1.49 MB

---

**Source URL:** <https://www.activelink.ie/community-exchange/training/111563-mid-west-aries-workshop-timetables-november-2024>