

Cairde welcomes applicants for:

PATHWAYS TO BEING WELL



TRAINING COURSE FOR REFUGEES AND ASYLUM SEEKERS

who act as first port of call for their community members .
and those passionate about improving community's mental
health and wellbeing. Faith and community leaders, volunteers,
intercultural workers, interpreters...

DATES:

5 mornings:
September 26th,
October 3rd, 10th,
17th, 24th

TIME:

10AM-2.00pm

LOCATION:

Dublin City



This 5 module practical & interactive training program will give you knowledge & skills to:

1. Understand mental wellbeing

- Facts about mental health and wellbeing
- Cultural differences
- Protective and risk factors

2. Practice wellness & self-care

- Experience various techniques to reduce stress, manage emotions and increase wellbeing

3. Understand mental health difficulties

- Warning signs
- Problems types (stress, anxiety, depression, trauma)
- Supports available
- Barriers to seeking help

4. Support community members – mental health first aid

- Listening & Communication skills
- What to do in a Crisis
- Referral

5. Promote mental wellbeing

- Leadership in positive mental health
- Project management basics

Meet & Connect!
Guest speakers from various
organisations

REGISTER by August 30th! answer following questions:

- What is your present paid or volunteer role that will be enhanced by Pathways to Being Well training?
 - Are you committed to attending all 5 sessions?
- Do you need support with travel and childcare costs in order to participate?

Email your registration to Emilia @ Cairde.ie. 0877488766. 018552111.

