



There is Always Hope

Free, Live, Interactive, Virtual Programme - January - March 2021

Booking via Eventbrite - <http://bit.ly/36az3Ta>

More Stretch Less Stress -

Introduction to the benefits of Yoga - Shauna McMorrow

Wednesday 27th January, 7.15pm - 8.00pm

Expressive Mark Making -

Adult Art Class (Beginners Welcome) - Hazel McCrann

Monday afternoons - 1st February, 8th March, 2pm - 4pm

Child/Partner Yoga - Shauna & Caolán

Wednesday Mornings 3rd February - 10th March

Children aged 4-8 - 9.15am - 9.45am

Children aged 9-12 - 10am - 10.40am

Mindfulness Drop-In/Taster Sessions - Siobhan Conlon

Wednesday 3rd February - Wednesday 31st March, 7pm - 8pm

Adult Yoga Classes (Beginners Welcome) - Shauna McMorrow

Wednesday 3rd February - Wednesday 10th March

Chair based yoga - 2pm - 3pm

Floor/Mat based yoga - 7.00pm - 8.15pm

Stress Relief in Hard Times - Joni Crone

Monday 8th February, 7pm - 8.30pm

Women's Circle of Rest & Renewal - Brenda Wynne-McKervey

Friday 12th February, 10.30am - 12.30pm

Eat Yourself Better - Nuala Lilley

Thursday 11th February, 7pm - 8.30pm

Aisling Centre, 37 Darling Street, Enniskillen, Co Fermanagh, BT74 7DP
Professional counselling, Psychotherapy and Well-Being Service

www.theaislingcentre.com

t- 0044 28 66 325811 e- info@theaislingcentre.com



Understanding Self-Harm - Conor McCafferty

Monday 15th February, 7pm-8.30pm

Women's Circle of Rest & Renewal - Brenda Wynne-McKervey

Friday 26th February, 10.30am - 12.30pm

Stress Relief in Hard Times - Joni Crone

Tuesday 2nd March, 7pm - 8.30pm

Understanding the Suicidal Person - Conor McCafferty

Thursday 4th March, 7pm - 8.30pm

Grief In a time of COVID - Sharon Fitzpatrick

Friday 5th March 10am - 1pm

Eat Yourself Better - Nutrition - Nuala Lilley

Thursday 11th March, 3pm - 4.30pm

Understanding Bereavement by Suicide - Conor McCafferty

Thursday 11th March, 7pm - 8.30pm

Women's Circle of Rest & Renewal - Brenda Wynne-McKervey

Friday 12th March - 10.30am - 12.30pm

Self-Care and Compassion - Conor McCafferty

Thursday 18th March, 7pm - 8.30pm

Women's Circle of Rest & Renewal - Brenda Wynne-McKervey

Friday 26th March, 10.30am - 12.30pm

Free Programme - Donations Welcome

FULL PROGRAMME DETAILS AVAILABLE ON

Eventbrite - <http://bit.ly/36az3Ta>

or contact Aisling Centre - 028 66 325811

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