



Aisling
centre
Hope Healing Growth

There is Always Hope

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

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

*A series of workshops and talks designed to
Promote Understanding & Self-Compassion,
Reduce Stress and Improve Mental Health &
Emotional Well-Being*

Workshop speakers and facilitators include members of
Aisling Centre team and invited guests

Free Programme - Donations Welcome

FULL PROGRAMME DETAILS AVAILABLE ON
Eventbrite - <http://bit.ly/36az3Ta>
www.theaislingcentre.com

or contact Aisling Centre - 028 66 325811

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