



“Shine promoting Individual and
Family Recovery”

**Shine Information and Support Officer in collaboration with North
Cork Mental Health Social Work Dept**

invite you

**to a free wellness workshop. A full day to explore wellness tools and
techniques that you can apply on a daily basis.**

Refreshments provided

Taking Control

- **Taking Stock**
- **Coping Skills**
- **Supports and Wellness Tools**
- **Resilience**

**Date: Thursday January 30th 10am to 4pm, Oak Conference room,
Ground Floor, Primary Health Care, Mallow, Co Cork.**

Please rsvp on or before January 22nd.

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Or

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