

World Mental Health Day 2007

Mental Health in a changing world: Building Resilience Across Diverse Settings

Resilience describes a person's capacity to cope with changes and challenges and to bounce back during difficult times.

This conference and afternoon workshops are aimed at anyone interested in learning more about how to promote resilience at home, in school, in the community and at work.

Wednesday 10 October
9.30am – 4.30pm:
The Great Hall, Downshire Hospital
Ardglass Road, Downpatrick

Registration

To ensure your place please register as soon as possible. There are 2 parts to this day. Morning presentations from each speaker and then afternoon skills development workshops. Please indicate if you wish to attend for the whole day or just the morning.

There is no fee for this event but places are limited.

To register contact:
Claire Black at the Health Development Department
on (028) 9756 3129.