

Improve Your Mental Wellbeing at The SCCUL Sanctuary

This day is designed for those who have experienced depression in their lives. It is in a quiet retreat centre in beautiful woodlands in Clarenbridge. The therapies and group sessions allow the participants some space to share their experience in a healing and nurturing environment. The sessions are soothing and empowering and allow people to open up and share in a safe space.

Agenda:

- 9.30am Arrival & introductions over tea/coffee/homemade scones
- 10.15am Candle ceremony
- Each participant is invited to light a candle with their intention for the day and enjoy a short meditative reading to start the day*
- Check in with your emotions – opening session
- 10.45am Mindfulness Session
- Facilitator: Grainne O Connell
- Grainne is an accredited psychotherapist (IAHIP) who trained with the Tivoli Institute.*
- Grainne's belief is that everything we need is inside ourselves, we are experts in our own lives, Grainne's aim is to provide a safe and supportive environment with unconditional acceptance*
- Therapeutic essential oils are used at meditation/relaxation time at each class. These oils are placed around the temples and between the eyes promoting a deeper relaxation.*
- 12 noon *Delicious two-course lunch*
- (Everything is home cooked and all special dietary requirements are catered for)*
- 12.45pm Gardening Workshop and connecting with nature in beautiful Walled Garden.
- Stone cottage in garden provides shelter from any showers.....*
- Facilitator: Anne McKeown
- Anne set up Gum Dearg Garden Design, Barna, Co. Galway in January 1989. Anne writes about gardening for various publications and does a gardening spot on the The Keith Finnegan Show on Galway Bay FM Radio.*
- 2pm Healing Art workshop – working through your emotions with art
- Facilitator: Michelle Whelan Kennedy
- Michelle is an accredited psychotherapist (IACP). She has an Arts Degree in Psychology and Sociology (NUIG), a Masters in Integrative Psychotherapy and Counselling (DCU) and diploma in working with loss and bereavement in childhood & adolescence (Royal College of Surgeons)*
- In addition to working one to one with individuals in her private practice, Michelle works with groups using art and imagery for self-awareness and personal development*
- 4pm Check in with your emotions - closing session
- Tea/coffee and chat*

