

# PROGRAMME APR - JUNE 2019

## Informal drop in sessions

**Carer's Drop In** - Helping anyone with a caring role to take time to relax & focus on own wellbeing. Informal chat and ear acupuncture available.

**Men's Wellness Drop in** - Encouraging men to come together to chat, laugh and learn from each other.

**Emotional Impact of Cancer Drop in** - Gentle support for anyone affected by the emotional impact of a cancer diagnosis. Informal chat and ear acupuncture available.

**Listening Ear Drop in** - Opportunity to talk to someone in a safe space, who can listen and understand.

**Ear Acupuncture Drop in** - Helping to reduce anxiety, improve sleep, ease migraines & lower blood pressure.



INDIVIDUAL SUPPORT may also be available. We offer counselling appointments to allow you to explore difficulties or challenges. Alternatively, we offer complementary therapies, which provide a safe space to take a break from emotions and regain inner strength.

Everyone is welcome to drop in during our open sessions Monday to Thursday 10am - 1pm and Tuesday evenings 6.45pm - 8pm. We are closed bank holidays in May.

## Group Programmes - Registration Essential

**Exercise for Wellbeing** - Fun & relaxed outdoor activities, designed to improve wellbeing and offer a challenge.

**Mindfulness for Pain Reduction** - Teaching people to observe pain and be curious. While counter intuitive, this practice can help reduce pain.

**Evening Meditations** - A series of guided meditations to help encourage relaxation and ease stress & anxiety.

**Meditation** - Quiet time, focused on sound & colour to encourage relaxation. Beginners class also available.

**Mosaic Making** - Encouraging people to use their creativity to improve emotional health. The participants will help create a bespoke mosaic for Solas.

**Relaxing Together** - Helping young people & parent(s) to come together and learn ways to relax & reduce anxiety.

### Drop In Sessions - No need to register

Activity	Day	Time	Start Date	End Date
Ear Acupuncture	Tue	10am-10.45am	30th Apr	25th Jun
Carer's Group	Tue	11am-12.30pm	30th Apr	25th Jun
Men's Wellbeing	Tue	2pm-3.30pm	30th Apr	25th Jun
Ear Acupuncture	Tue	7pm-7.45pm	30th Apr	25th Jun
Ear Acupuncture	Wed	9.30am-10.15am	1st May	26th Jun
Emotional Impact of Cancer	Wed	1.30pm - 3.30pm	1st May	26th Jun
Listening Ear	Thur	10.30am - 12pm	16th May	27th Jun

### Group Programmes - Registration Essential

Activity	Day	Time	Start Date	End Date
Exercise for Wellbeing	Mon	11am-12.15pm	29th Apr	24th Jun
Mindfulness for Pain	Tue	12noon-12.45pm	30th Apr	21st May
Beginners Meditation	Tue	12noon-12.45pm	28th May	25th Jun
Evening Meditation	Tue	7.00pm-7.45pm	30th Apr	4th Jun
Meditation	Wed	11.00-11.45am	1st May	26th Jun
Mosaic Making	Thur	10.30am-12pm	16th May	20th Jun
Relaxing Together	Thur	4.00pm-4.45pm	9th May	6th Jun

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Charity No: NIC103485



Please note, no classes will run on Mon 6th or Mon 27th May due to bank holidays.

To find out more, or register for any of the programmes or the Suicide Prevention workshops call 028 2039 0135 or email [info@solasmoyle.org.uk](mailto:info@solasmoyle.org.uk)

We are pleased to be able to bring the well respected suicide prevention workshops to the local area. Registration is essential.

#### Connections Suicide Prevention Workshops by Fresh Little Minds

Adults: Thurs 2nd May 6.30pm - 9.30pm

Youth (14-18)\*: Thurs 9th May 6.30pm - 8.30pm

\* parent/guardian encouraged to attend with young person, consent form essential

All our programmes are offered free of charge, to ensure they are open to everyone. Our organisation is supported by The National Lottery Community Fund and generous fundraising & donations.

