



Festival of Hope

World Mental Health Day

10th October 2023 at 2 Royal Avenue

A DAY OF FREE EVENTS TO CELEBRATE WORLD MENTAL HEALTH DAY

DROP IN ACTIVITIES

From 10am to 5pm



Add your favourite song to our Hope playlist



Help us create a giant artwork on the theme of Hope



Info on local projects and services promoting positive mental health



Explore books which can improve your mental health with Libraries NI

WORKSHOPS

Advance booking required

Nature's Prescription

10am-11am



Learn how getting in touch with nature can improve your mental health

[CLICK HERE TO BOOK](#)

Self-Compassion Through Movement

11.30am-12.30pm



Gentle movement, breathing and mindful awareness to help us nurture kindness towards ourselves

[CLICK HERE TO BOOK](#)

Food and Mood

1pm-2pm

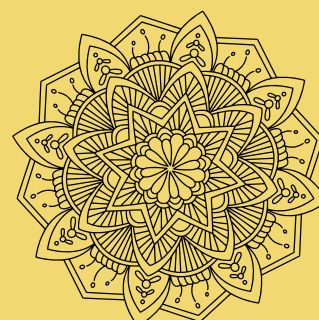


Find out how what you eat affects how you feel and how to eat for better mental health

[CLICK HERE TO BOOK](#)

Zentangle Art Workshop

2.30pm-3.30pm



A calm space for you to experiment and create your own zentangle artwork with pen and colour

[CLICK HERE TO BOOK](#)

Clay Creations

4pm-5pm



Create your own keyring or coaster using leaves, flowers, clay and paint

[CLICK HERE TO BOOK](#)



Belfast Health and Social Care Trust

caring supporting improving together



Public Health Agency

Project supported by the PHA

