

# SAVE THE DATE



## 'Pausitive Thinking'

**As part of our International Women's Day Festival of Events 2021  
NCCWN – Dublin Region invite you to join us for a  
FREE Online Workshop on**

**“Building Positivity During Menopause”**

**Monday 15<sup>th</sup> March 2021 @ 7pm – 9pm**



This online workshop is designed to help you gain awareness of the impact of the physical and emotional changes that occur during menopause by offering a place to share and talk with others. It will also offer some CBT strategies for shifting negative thoughts regarding these changes to more positive ones.

The workshop will include:

- An introduction to the signs and symptoms of Menopause
- An open discussion on issues that arise that negatively impacts our Mental Health.
- An introduction to CBT strategies on Positive and Healthy Thinking



**Contact Sandra on 086-1744863 or Tracey on 086-1382482**

**Places are limited so booking early is advisable**

