



LGBTQ+ WELL-BEING WORKSHOPS 2021

6 Free Workshops running Bi-Monthly

FIRST WORKSHOP – LGBTQ+ Mental Health Zoom Workshop (*link available on registration*)

DATE & TIME – Thursday 21st January 2021 @ 19.30

Opportunity to win a Year Subscription for the CALM app on the night (the No.1 App for Sleep & Meditation)

All LGBTQ+ people (18+) WELCOME - Registration Essential

Outcomers Drogheda are delighted to announce their series of **Free LGBTQ+ Well-Being Workshops**, starting next Thursday 21st January @ 7.30pm with an **LGBTQ+ Mental Health Workshop**.

This series of 6 workshops will run bi-monthly through 2021.

Each will have their own unique theme related to the well-being of the LGBTQ+ community in Ireland, & each will be facilitated by expert professionals.

Although originally envisioned to be presented in-person, these workshops will now instead be hosted over Zoom – the upside of which means they will be now more accessible to the wider, national LGBTQ+ community.

And what's better ... They're all **FREE**, due to the kind support of the **Bank of Ireland: Begin Together Fund @ The Community Foundation for Ireland**

In these times of isolation & uncertainty, Outcomers Drogheda are proud to be able to provide workshops like these, to help members of the LGBTQ+ community focus on their own welfare, resilience & contentment in a safe & comfortable environment

Up first in the series is an LGBTQ+ Mental Health Workshop, this Thursday 21st January.

It will be facilitated by local Counsellor & Psychotherapist, Bairbre Kelly, where she will guide participants through an overview of how our thinking affects our moods & behaviours, while also exploring issues of self-esteem ... all with an LGBTQ+ perspective in mind.

There will be an opportunity to submit questions to Bairbre in advance of the workshop & there will also be a Q&A session towards the end.

If this wasn't enough, on the night, participants will also have an opportunity to win a year's subscription to the CALM app – The No.1 App for Sleep & Meditation.

Sure what more could you want?

cont.



More?

Well then, stay tuned for more information on upcoming workshops on the Outcomers Drogheda Facebook, Twitter & Instagram.

The future workshops will be:

- **18th March** - *Let's Talk about HIV in Ireland* with HIV Ireland
- **20th May** - *Transgender Information Seminar* with TENI
- **22nd July** - *LGBT Parenting & Family Law Seminar* with LGBT Ireland
- **23rd Sept** – *LGBTQ+ Safety & Discrimination Workshop* with an Garda Síochána
- **18th Nov** – *LGBTQ+ People in International Protection in Ireland Workshop* - with LGBT Ireland

Participants are welcome to join as many or as few workshops as they wish.

Registration is essential.

For further information or to register your interest, please email outcomersdrogheda@gmail.com.

Outcomers Drogheda would like to take this opportunity to thank Bank of Ireland and The Community Foundation for Ireland for helping us support the well-being of local & national LGBTQ+ community.

More Info about Outcomers Drogheda

Outcomers Drogheda is an independent support organisation providing confidential drop-in space, information, integration & advocacy for LGBTQ+ adults in the Drogheda area.

They are a not-for-profit organisation managed by a trained, volunteer-led team. The Executive Committee adhere to a governing Constitution, which complies to appropriate codes of governance. They were established in 2019 & they have been supported by Louth County Council; Louth Leader Partnership; Droichead Arts Centre & they are in partnership with Outcomers LGBT Support Service, Dundalk.

They are a point of contact, non-judgmental support and advocacy for the local LGBTQ+ community in Drogheda over the phone, email & social media channels ... but their main support forum is our monthly, confidential, informal Drop-In/Zoom-in service, which runs on the last Thursday of every month. This is a vital lifeline for local LGBTQ+ adults to feel a sense of community, belonging & security.

They provide an advocacy role for the local LGBTQ+ community in the Drogheda area & have existing links with other LGBTQ+/Mental Health/Sexual Health & Civic organisations on both a local & national level.