

ASPIRE

ONLINE WELLBEING PROGRAMME



ASPIRE Wellbeing Programme

The ASPIRE (*Adult Social Prescribing for Individual Resilience & Empowerment*) Wellbeing Programme is a *three-week facilitated online group programme* aimed to support participants who would like to enhance their wellbeing and coping skills.

Looking after our health and wellbeing is particularly important in the current situation of social distancing.



Who is the Wellbeing Programme for?

ASPIRE Wellbeing Programme is open to all social prescribing participants, especially if you:

- Would like to improve your *emotional wellbeing* (e.g. anxiety, stress)
- Struggle with the impact of social distancing and *limited social contact*
- Feel like your current *coping and self-care strategies* are not sufficient, helpful or healthy

What will the Wellbeing Programme include?

The programme will run for three 1.5 hour weekly sessions delivered to a small group (up to 6 participants).

Session 1 *Stress*

Session 2 *Coping & Resilience*

Session 3 *Self Care during Challenging Times*

The sessions will be **interactive in nature** and will contain an overview of the topic, reflection and relaxation practices, and (optional) short discussions.

ACCESS TO A SMARTPHONE, LAPTOP OR IPAD IS ESSENTIAL!!!



What to do if you're interested?

If you are interested in the **ASPIRE Wellbeing Programme**, you can contact our **Social Prescribing Wellbeing Coordinator** to find out if the group programme may be a good option for you at this time.

You can reach us by email / phone / text / WhatsApp below:

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