



Aisling
centre
Hope Healing Growth

Hope, Healing, Growth - Virtual Day of Inspiration

Saturday 9th January 2021, 10am –4.00pm

Programme

- 9.15am Registration
Aisling Centre Volunteers Celebrate
- 9.30am Welcome – **ADRIAN DUNBAR, Patron, Aisling Centre**
- 9.45am Opening Remarks – **Aideen McGinley, Facilitator**
- 10.00am **DECLAN COYLE** - *The Green Platform - Developing radical resilience*
- 10.30am **CONOR MC CAFFERTY** - *Emotional health and the impact of alcohol*
- 11.00am Interval
- 11.15am **LISA STRUTT** - *Be kind to yourself*
- 11.45am **RICHARD PIERCE** - *The colour of his hair*
- 12.15pm **NOELLE MC ALINDEN** - *Hope healing and growth after suicide*
- 12.45pm Interval
- 1.00pm **LUNCHTIME WORKSHOPS**
Siobhan Conlon - *Mindfulness Meditation*
Anne Monaghan - *Yoga*
- 1.30pm **IRENE TEAGUE** - *We had to say goodbye before we even met*
- 2.00pm **DARA MC ANULTY** - *Our voices matter*
- 2.30pm **HUGO DUNCAN** - *Three sides to every story*
- PLENARY SESSION**
Hope hasn't been cancelled
- 3.00pm *Closing Comments* - **Alison Annan, Chairperson Aisling Centre**
- 3.45pm **DARA MC NICHOLL** – *Song of hope*
- 3.50pm