



FIRST FORTNIGHT

THE ART OF MENTAL HEALTH

JANUARY 2017



One in four of us will experience mental health issues in our lifetime. At the darkest point in the calendar, join us for an event that seeks to challenge mental health stereotypes through the illuminating power of the arts. We are delighted to be joined by Mensana on the night as well as a representatives from the mental health community, for a post film discussion. Information on local services will also be available. **Mention this flyer for a special €5 price.**



Infinitely Polar Bear

Tuesday 17th January, 8pm
Visual, Carlow

THEATRE

VISUAL ART

FILM

WORKSHOPS

MUSIC

SPOKEN WORD

DISCUSSION

COMEDY

FIRST FORTNIGHT WOULD NOT BE POSSIBLE WITHOUT THE GENEROUS SUPPORT OF...



THE IRISH TIMES