Coming up this month

November 2026

FRESH MINDS EDUCATION

Connection, learning and support · Tap a registration button to book

THU 05 NOV — **Free**

Connections Suicide Awareness Talk

Explore stigma, recognise signs of distress and learn how compassionate conversations connect people with support.

10.30–11.30am · The Sovereign Complex, Rathfern, Newtownabbey

With Michelle & Áine

Register →

FRI 06 NOV — **Free**

Fresh Little Minds Coach Training for Schools

Training for school staff, followed by a full year of support and resources for your school.

9am–2pm · HeartSpace, Antrim

With Sinead & Colleen

Register →

FRI 06 NOV — **Speak to Naomi**

Women’s Circle Book Club

Get cosy, light a candle, grab a hot drink and prepare for a story.

7–9pm · HeartSpace, Antrim

With Naomi · Soulfire Serenity

Email Naomi →

TUE 10 NOV — **Free**

Glimmer of Hope Walk

Come for a dander, easy company, friendship and a cuppa. Look for our flag at the meeting point.

9.30–11.30am · Antrim Castle Gardens, lower car park

With Teresa & Irina

Register / or come along →

TUE 17 NOV — **Free**

Connections Link Life – Suicide Prevention Training

Recognise distress, ask directly about suicide, listen with compassion and connect someone with safety and support.

6–9.30pm · Online

With Michelle & Linda (TBC)

Register →

WED 18 NOV — **Free**

Threads of Comfort – Bereavement Support Group

Candle making this month: light, reflection and hope.

7–9pm · HeartSpace, Antrim

With Marie, Liza, Doreen & Kirsty

Join the group →

THU 19 NOV — **Free**

Connections Training for Trainers

Become an approved Connections Senior Ambassador and help more people develop suicide prevention skills.

9am–5pm · HeartSpace, Antrim

With Michelle & Áine

Register →

FRI 20 NOV — **Free**

Bereaved by Cancer – Children & Young People

Make memories through stained glass this winter.

6–8pm · HeartSpace, Antrim

With Marie & Kerrie

Register →

WED 25 NOV — **Free**

Community Volunteer Day – Candle Making

Prepare, hand pour and package the Candle of Connection for the charity Hope Shop.

3–6pm · HeartSpace, Antrim

With Kirsty & Marie

Email your interest →

WED 25 NOV — **Free**

Connections Suicide Awareness Talk

Explore stigma, recognise signs of distress and learn how compassionate conversations connect people with support.

7–8.30pm · HeartSpace, Antrim

With Michelle & Áine

Register →

THU 26 NOV — **Free**

Corporate Volunteer Day

Prepare, hand pour and package the Candle of Connection for the charity Hope Shop.

9.30am–12.30pm · HeartSpace, Antrim

With Kirsty & Marie

Closed group

FRI 27 NOV — **£33.33**

Sound Bath

A nourishing Rebirth Sound Bath Ceremony: pause, reflect and reconnect with yourself.

7–9pm · HeartSpace, Antrim

With Naomi · Soulfire Serenity

Email Naomi →

SAT 28 NOV — **£25**

Women’s Circle – Full Moon

Slow down, reflect on the month, let go of what you don’t want to carry and set intentions for the month ahead.

7–9pm · HeartSpace, Antrim

With Valerie

Message Valerie on Facebook →

SUN 29 NOV — **Free**

Glimmer of Hope Walk

Come for a dander, easy company, friendship and a cuppa. Look for our flag at the meeting point.

10am–12 noon · Kirby’s Lane car park

With Teresa & Irina

Register / or come along →

TUE & THU · WEEKLY — **Free**

Counselling for children, young people & adults

One-to-one support for people experiencing grief or emotional distress.

4–9pm · HeartSpace, Antrim

With Lisa

Self-refer →

ONGOING · ACROSS NORTHERN IRELAND — **Free**

Bamber Bear – Bereavement Support Pack

A comforting soft puppy and gentle resources for bereaved children and the adults who care for them.

Available to request anytime · For children, parents and carers across NI

With FME team & volunteers

Request your Bamber →

HeartSpace… a place to belong, find support and build friendships.

A light in the dark. A glimmer of hope.

DIGITAL POSTER · LINKS ARE CLICKABLE