

Steps to Wellness

Getting Ready

You can bring your sensory tools, water, and anything that helps you feel okay.



Arriving at the Event

You will come to Strokestown Park. Volunteers in pink vests will be there to help.

You will get a tote bag at the Check-in



You can choose to go to the:

- Nature Trail OR
- Workshops OR
- Relax in the Gardens



You can visit tents with friendly people and find information.

You can collect things in your tote bag.



Sensory Tent

This is a quiet place to rest if things feel too much.

You may need to wait your turn.



You can eat at the café or sit outside to rest and snack.

It's okay to bring your own lunch.

Going Home

When you're ready, you can leave the event. Volunteers can help you find the way out.