

Free training for educators in north Dublin!



RESILIENCE

Shane Martin is a psychologist dedicated to teaching the very best self-help psychology to empower people to enhance the quality of their lives. His 'Moodwatchers' self-help psychology course has been delivered at community venues throughout the length and breadth of Ireland.

This seminar will highlight ten evidence-based strategies linked to better outcomes during periods of upheaval in our personal and professional lives. The hope is that it will uplift and inspire change in the lives of those who attend but even more importantly inspire participants to incorporate it into their homes, workplaces and communities.

**Book
now!**

Tuesday, 23rd January, 2018 at 4PM

Parnell's GAA Club, Coolock Village Centre

For further information, call Linda Shanley on 01-8485630 or email linda.shanley@nspartnership.ie

Book online: <https://resilienceforteachers.eventbrite.ie>



The Social Inclusion and Community Activation Programme (SICAP) 2015–2017 is funded by the Irish Government and co-funded by the European Social Fund and includes a special allocation under the Youth Employment Initiative.



**Northside
Partnership**