

**Starting Wednesday 21<sup>st</sup> April – for 7 weeks**

**10.30am – 12.00pm**

**FREE online via ZOOM**

## **Rising strong in uncertain times**



# **RISING STRONG**



This is a **7 week course** to support you in:

- Managing change
- Taking care of yourself
- How to stop the past from limiting you today
- How to succeed when the going gets tough
  - Effective decision making

**If you would like to participate please contact**

**Sandra on 0861744863 or Tracey on 0861382482**



Rialtas na hÉireann  
Government of Ireland



**The Community Mental Health Fund, supported by the Department of Health**



**An Roinn Leanaí, Comhionannais,  
Míchumais, Lánpháirtíochta agus Óige**  
Department of Children, Equality,  
Disability, Integration and Youth