

Discovering me

An introduction to Personal Development



If you would like an opportunity to explore what is important to you, the things that are good in your life and those that might be causing difficulties; this group, run by two experienced facilitators in a safe confidential space, might be for you.

The course will be delivered over Zoom and run for 8 weeks.
Beginning 11 March 2021, sessions will run from 7.00 to 9.30pm.

To find out more, please contact Sheila on **086 3782858** or Geraldine
on **087 6768022**.