

Personal Development



Wednesdays
10.30am – 12.30pm
26th February – 27th May

- Improve emotional wellbeing
- Enhance personal growth
- Learn new positive coping skills
- Learn healthy ways to manage feelings
- Improve your personal relationships



*Believe in
yourself.*

To register for a place – Please call 021 4226064

Shine Resource Centre, 14A Washington St West, Cork City