



South Dublin
County Partnership
Páirtíocht Chontae
Átha Cliath Theas



CREATING
MALE
SPACE

A programme to support men who are affected by the recession and/or unemployment.

The target group are men who are:

- Directly affected by the recession and/or unemployment, which has increased their risk of distress
- 18 years or older
- Living in South County Dublin
- Motivated to change and want to get their Mojo back
- Able to participate in a 12 week programme, 2 mornings per week, starting 11th May 2016.

Participation on this course will not affect your social welfare benefits.

If you want to know more, please contact:
Catherine Mooney on 087 147 1152 or
01 4649300

www.mojo-programme.org



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

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CREATING
M A L E
S P A C E

A programme to support men who are affected by the recession and/or unemployment.

Starting 11th May 2016 for 12 weeks

Every Wednesday morning (10am - 1pm)

Every Thursday morning (10am - 2pm)

At the end of the programme participants will:

- Be informed about available services and supports
- Be better able to access relevant services and supports
- Have developed a personal wellness plan and action plan
- Know how they may access support in the long-term

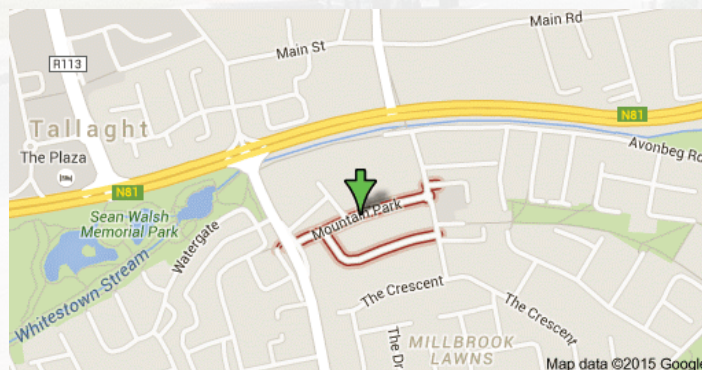
Programme includes:

- Resilience Building
- Life Planning
- Building Social Connections
- Exploring Physical Fitness

The course is run by experienced facilitators who will provide support to men who have been affected by the recession and/or unemployment.

OUR TRAINING ADDRESS

Mountain Park,
(off the Old Bawn Road)
Tallaght, Dublin 24



For more information please contact **087 147 1152** or **01 4649300**.

or email **catherine.mooney@sdcpartnership.ie**

or visit our website: **www.mojo-programme.org**



Mojo programme



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