



**WHAT'S ON WHERE IN MONAGHAN
NEWSLETTER**

UP COMING EVENTS NEAR YOU.....

**Issue 43
26/11/2021**



Welcome to the 43rd edition of our electronic information bulletin **WOW**.

In this edition

- **Free talk from Stella O'Malley on coping with Difficult Life Transitions**
- **Introducing the new Monaghan and Cavan Youth Substance Service (MaCYSS)**
- **QPR training with LA519**
- **Upcoming programmes from Parenting NI**
- **New programmes from Cavan and Monaghan ETB**
- **New Parenting Directory from Parenting Monaghan and CYPSC**

Thanks for your continued support to share this electronic newsletter and please contact us should you wish to promote any not for profit online events or programmes, etc. which aim to improve outcomes for children, young people and families in your local area.

COACHING TEENAGE GIRLS IN SPORT WORKSHOP



**TUESDAY
DECEMBER 7TH**

**FROM
6:30PM - 9:30PM**

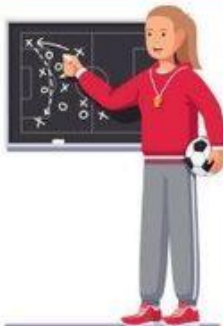
**ONLINE VIA
ZOOM**

**€10 PER
PARTICIPANT**

**LIMITED
AVAILABILITY**

**PRE-REGISTRATION
ESSENTIAL**

- ✓ Needs of Teenage Girls
- ✓ Retention Rates
- ✓ Positive Coaching Environments
- ✓ Communication & Relationships
- ✓ Maturation/Body Image & Sport



To register: <https://monaghansportspartnership.eventbrite.ie>



WOW!

Monaghan Sports Partnership are delighted to announce the launch of a Sport Ireland Coaching Teenage Girls in Sport Workshop, designed specifically to support coaches of girls aged 12-17 years!

To register visit:

<https://www.eventbrite.ie/.../coaching-teenage-girls-in...>

Coaching Teenage Girls In Sport Workshop - Tuesday the 7th of December

Meet The Team



Niamh McDaid
Development
Officer



Gemma McCabe
Therapeutic
Practitioner



Laura Connolly
Youth Mental
Health &
Substance Use
Clinical Worker



Catherine
Sheridan Clerical
Officer

MaCYSS is an initiative of Alcohol Forum Ireland

MaCYSS
Monaghan & Cavan
Youth Substance Support



**Alcohol
Forum
Ireland**

www.alcoholforum.org

WOW!

Meet our lovely team! We work with young people and their families in Monaghan and Cavan who have a concern with their alcohol or other drug use. To get in touch please contact us on mobile 085 7442857 or email macyss@alcoholforum.org. Feel free to like and share with your networks.

[#cavan](#) [#monaghan](#)



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



ARE YOU A PARENT/CAREGIVER OF A PERSON WITH **FASD** ON THE ISLAND OF IRELAND?

Would you like to share your experience and
needs as a caregiver?

You can take part in this anonymous study here
<https://bit.ly/FASDcareStudy>

Find out more at
<https://www.facebook.com/FASDcareStudy>

or

contact Dr. Katy Tobin
email: katy.tobin@tcd.ie
Twitter: [@tobinkaty](https://twitter.com/tobinkaty)

You can access the
study here:
[https://bit.ly/FASDcar
eStudy](https://bit.ly/FASDcareStudy)

In collaboration with...



Funded by the Irish Research Council

Courses on offer through BTEI, Community Education and Adult Literacy programmes Email monaghanadulted@cmetb.ie or call 047 71914 Priority on all BTEI courses will be given to those who fit the BTEI eligibility criteria of being in receipt of a social welfare payment and/or a medical card holder and/or those with less than upper second-level education.

BTEI Courses

Childcare level 6:

Module	QQI Level	Venue	Start Date	Approx. No of weeks	Time
Childhood Social, Legal and Health Studies Ref: 337308	6	Dún Mhuire Adult Education Centre, Monaghan	Wednesday, 1st December, 2021	12 weeks	Every Wednesday 9.15am-12.30pm
Child Psychology Ref: 321120	6	Dún Mhuire Adult Education Centre, Monaghan	Wednesday, 1st December, 2021	12 weeks	Every Wednesday 1pm-4.15pm
Child Development Ref: 337309	6	Carrickmacross Workhouse	Wednesday, 1st December, 2021	12 weeks	Every Wednesday 6.30pm-9.30pm
Work Experience Ref: 337310	6	Dún Mhuire Adult Education Centre, Monaghan	Monday, 29th November, 2021	12 weeks	Every Monday 6.30pm-9.30pm

* Owing to National changes to the Childcare Curriculum, we are unable to accept new entrants to this programme. These modules are only available to existing or past students who have not yet completed their full award at level 6

For a full range of programmes please click on the link below

[Community Education - Cavan & Monaghan Education Training Board \(etb.ie\)](http://www.cavanmonaghanservices.ie)

CAVAN & MONAGHAN ETB Community Education Courses



Unaccredited courses in Monaghan Town, Carrickmacross and online:

The Following Courses are available **Free of Charge** through our Community Education Budget. All applicants will be required to complete a registration form for funding and statistical purposes.

Course Title	Venue	Start Date	Approx. No of weeks	Time
Flower Arranging Ref: 337368	Dún Mhuire Adult Education Centre, Monaghan	Monday, 17th January, 2022	6 weeks	Every Monday 10am - 1pm
Introduction to Interior Design Ref: 337373	On Line	Monday, 17th January, 2022	8 weeks	Every Monday 7pm - 8.30pm
Stress Management Ref: 337399	Dún Mhuire Adult Education Centre, Monaghan	Tuesday, 18th January, 2022	6 weeks	Every Tuesday 10am - 1pm
Introduction to Mindfulness Ref: 337403	Online	Tuesday, 18th January, 2022	6 weeks	Every Tuesday 7pm-8.15pm
Introduction to Yoga Ref: 337407	Online	Tuesday, 18th January, 2022	6 weeks	Every Tuesday 8.30pm - 9.30pm
Introduction to Beauty Ref: 337410	Online	Thursday, 20th January, 2022	8 weeks	Every Thursday 7pm - 9pm
Arts and Crafts: Sewing and Embroidery Ref: 337414	Dún Mhuire Adult Education Centre, Monaghan	Thursday, 20th January, 2022	8 weeks	Every Thursday 10am - 1pm
Stress Management Ref: 337418	Carrickmacross Workhouse	Thursday, 21st January, 2022	6 weeks	Every Thursday 10am - 1pm
Introduction to Genealogy Ref: 337427	Carrickmacross Workhouse	To be confirmed	5 weeks	Every Tuesday 6.30 - 9.30pm
Flower Arranging Ref: 337429	Carrickmacross Workhouse	To be confirmed	6 weeks	To be confirmed
Creative Writing Ref: 337430	Dún Mhuire Adult Education Centre, Monaghan	To be confirmed	6 weeks	To be confirmed
Calligraphy Ref: 337432	Dún Mhuire Adult Education Centre, Monaghan	To be confirmed	6 weeks	Every Tuesday 10.30am - 12.30pm
Introduction to Interior Design Ref: 337582	Dún Mhuire Adult Education Centre, Monaghan	Monday, 17th January 2022	8 weeks	Every Monday 10am - 12 noon

Email monaghanadulted@cmetsb.ie or call 047 71914. Bookings can also be made by logging on to www.fetchcourses.ie and using the ref code provided.

A GROUP FOR

THE LADIES !

AGES 12-14

Every Tuesday
4.30-5.30pm at
Youthers Zone, Farney
street, Carrickmacross

Dm us to book or
add us on Snapchat
and book in there!

Snapchat:
youthcafecmx

Any questions? DM us!

WOW!

[YouthWork Ireland Cavan Monaghan](#)

[November 10 at 2:07 PM](#)

A group for the ladies
Carrickmacross!!

Looking for new members ages 12-
14!

DM us if you have any question or to
book in

Booking essential



BUGGY BUDDIES

FOR MUMS AND BABIES WHO:

- ✓ Want to return to exercise in a fun & safe environment
- ✓ Want to join a social group with other mums & babies
- ✓ Want to be instructed by experienced post-natal coach
- ✓ Want to improve core strength and overall fitness

6-week programme every Wednesday @10am starting
3rd of November @ Kilmore & Drumsnatt Sports Activity Hub
(Sean Mc Dermott's GAA Complex)

Total cost is €20 per person. Places are limited! To register
visit: <https://monaghansportspartnership.eventbrite.ie>



WOW!

Buggy Buddies
Sean Mc Dermott's
GAA Complex
Still a few weeks left
and

Monaghan Sports
Partnership would love
to hear of your interest
in new programmes for
Feb 2022

Tel: 042-9755126


E:
info@monaghansports.ie

New Parent and Toddler Group for the Hub next to Costcutter from Teach na Daoine

Parents, grandparents & all care givers welcome!

MONAGHAN PARENT AND TODDLER GROUP


at The Hub (next to Costcutter, Teach na Daoine shop)



Every 2nd and 4th Wednesday in the month from 10am - 11.30am .


Lots of fun, toys, activities, snacks!!

Suitable for new born to 3 years. All Welcome!



TIMETABLE

Oct 13 th	*Launch*	Apr 13 th	Shakers, Movers, Groovers Easter Egg Hunt
Oct 27 th	Glow in the dark baby/ toddler sensory fancy dress	Apr 27 th	Baby Massage S2
Nov 10 th	Shakers, Movers, Groovers	May 11 th	Shakers, Movers, Groovers
Nov 24 th	Baby First Aid	May 25 th	Little Cookers with Ashlea and Rebecca
Dec 8 th	Shakers, Movers, Groovers	June 8 th	Shakers, Movers, Groovers
Jan 12 th	Shakers, Movers, Groovers	June 22 nd	Baby/Toddler messy play
Jan 26 th	Baby Yoga - Charlene Casey	July 13 th	Shakers, Movers, Groovers
Feb 9 th	Shakers, Movers, Groovers	July 27 th	Buggy brigade
Feb 23 rd	Baby Yoga	Aug 10 th	Shakers, Movers, Groovers
Mar 9 th	Shakers, Movers, Groovers	Aug 24 th	Buggy brigade
Mar 23 rd	Baby Massage S1		



WOW!

VISIT SANTA
and receive a gift

Thursday 16th December and Friday 17th
December

Teach na Daoine in "Hub" (beside
the Costcutter shop)

**€5 PER
FAMILY
FOR
TICKET**

**BOOKING
ESSENTIAL**

To book your slot
call:
047-71398

Limited spaces available, book your slot by 6th December

HO-HO-HO!
Add a little magic to
the festive season
with a visit to see
Santa at Teach na
Daoine Booking
Essential



We are looking for anyone with a craft to make bags for Palliative Care Services Cavan

Calling all Crafters to help me gather as many unique and beautiful bags for syringe drivers as many as I can possibly collect.

Many of the service users of the palliative care services have a syringe driver as part of their treatment. As far as I am aware there is no such bag for them. Bags can be knit or sewn.

There is a pattern and measurements attached to the facebook page (link below)

Bags can be sent to. Stitching for Palliative Care Cavan, Palliative care services, Cavan general hospital, Lisdarnan, Cavan.

(Please include your name and address .

We love to know who crafts such lovely bags



<https://www.facebook.com/profile.php?id=100034671501978>



Topic	Start Date	Time	Number of weeks
Skincare and Beauty	Friday 26th November	10am-1pm	4
Introduction to Mindfulness	Tuesday 30 th November	10am-1pm	3

Topic	Start Date	Time	Number of weeks
Christmas Art for Parents	Thursday 25 th November 2021	9.15-11.45am	4
Lads and Dads Woodwork	Thursday 25 th November 2021	4.30-6pm	4
Parent and Child Cookery	January 2022: TBC	3.30-6pm	4
Introduction to IT	Monday 10 th January 2022	9.15-11.45am	6
Gardening for Beginners and Beyond	Tuesday 11 th or Wednesday 12 th January 2022	2-4pm	6

**Cavan and Monaghan Education and Training Board
Community Education
Classes in Teach Na Daoine Resource Centre**

**All classes are free of charge.
Participants will be required to complete a
registration form for funding and statistical purposes.**

**For details or bookings
Email: MonaghanAdultEd@cmetb.ie
or phone 047 71914**



**Cavan and Monaghan Education and Training Board
Community Education
Classes for Parents in Teach Na Daoine Resource Centre**

**All classes are free of charge.
Participants will be required to complete a
registration form for funding and statistical purposes**

**For details or bookings
Email: MonaghanAdultEd@cmetb.ie
or phone 047 71914**



Counselling/Psychotherapy Service

Clones FRC's low-cost counselling service is available to both adults and young people. All our counsellors are professionally trained, experienced and accredited with either IACP or BACP. Appointments are available face-to-face in our private rooms at the Centre or on the 'phone. There are no waiting lists for appointments. Counselling is available now for anxiety, bereavement, depression, relationships, self-esteem, health-related issues and many more. We offer a personal and confidential service. To make an appointment call Angela on 047 52919 or 086 1785710. Supported by Tusla



FREE
LIVE

Webinar

FOR PARENTS MANAGING DIFFICULT LIFE TRANSITIONS / CHANGES
SEPARATION, LOSS, RELOCATION, NEW SCHOOLS;
TIPS TO HELP YOU WEATHER THE STORM AND SUPPORT YOUR CHILD/REN

With

Stella O'Malley

Stella is a psychotherapist, best selling author, public speaker and regular contributor to Irish media.



Register HERE



**TUES DECEMBER 7TH.
AT 7.30 PM**

Hosted by Monaghan Training and Education Centre and Monaghan CYPSC Learning and Development group



Free talk from
Monaghan CYPSC
Tips for parents on
coping with difficult
transitions in life from
the fabulous Stella
O'Malley!

Register below
[https://zoom.us/webinar/register/WN_z3mFTDH3RgizhOSyETUOtg](https://zoom.us/join/https://zoom.us/webinar/register/WN_z3mFTDH3RgizhOSyETUOtg)

Getting outside
this weekend!!



WOW!

Beautiful
Rossmore Park
& Emy Lake





[Glencarn Hotel](#) Monaghan Road
Moraghy
Castleblayney
Monaghan

[Get directions \(opens in Google maps\)](#)

Walk-in vaccination

Pfizer dose 1 and dose 2 walk-in clinics open on:

- Friday 26 November, 9.30am to 5.30pm
- Saturday 27 November, 9.30am to 5pm
- Sunday 28 November, 9.30am to 5pm
- Monday 29 November, 10.30am to 5.30pm
- Tuesday 30 November, 9.30am to 5.30pm
- Friday 3 December, 9.30am to 5.30pm
- Saturday 4 December, 9.30am to 5pm
- Sunday 5 December, 9.30am to 5pm

Pfizer dose 2 clinic

You must wait at least 21 days after your first dose of the Pfizer vaccine to get your second dose. Bring your vaccination record card with you.

Booster vaccination clinics

You must wait at least 5 months after finishing your COVID-19 vaccine course before you can receive your booster.



Rialtas na hÉireann
Government of Ireland



COVID-19
VACCINE
Public Health
Advice

**BOOST
YOUR
PROTECTION**





Question, Persuade, Refer Suicide Prevention Training

seasons  CENTER FOR BEHAVIORAL HEALTH

Suicide Prevention Training will take place in The Conference Room, Latton Resource Centre on Saturday 4th December, commencing at 10am -4pm, the training concludes with Certification, the training will be delivered by Ray Cullen, CEO, QPR, a guest speaker will be the founder of Monaghan based LA519, Barry Aughey.

All interested are requested to register/book a place by contacting Alice Forde 042-9742682/087-7457493, Lynda Lennon 086-8065665 or Seamus Coyle 042-9742255/087-6814067.



Fathers and Families

Positive Parenting Programme for Dads

You play an important role in your child's life. This programme will emphasise this and help you gain the skills to use a positive parenting approach. Interactive, fun and an opportunity to build a support network. Programme welcomes those parenting 0-13 years specifically

A big help and enabled me to make progress."

"Learnt I was already doing lots of things well & got ideas to help where things weren't just so good."

Cavan and Monaghan

ONLINE VIA ZOOM

Tuesday 22nd February 2022
7.30pm - 9.00pm for 6 weeks



ODYSSEY PARENTING YOUR TEEN PROGRAMME

I HATE THIS HOUSE!

You do my head in!

Get out of my room!

I DON'T WANT TO TALK ABOUT IT. LEAVE ME ALONE!

SOUND FAMILIAR?

Helping you deal with the reality of living with teenagers

Cavan & Monaghan
Tues 25th Jan -
Tues 15th Mar 2022
Every Tuesday
for 8 weeks
7.00 pm - 9.00 pm

Odyssey



Contact collette.Deeney@tusla.ie for more details



Parenting Children's Challenging Behaviour



An online 6 week programme supporting parents whilst waiting assessment for children's challenging behaviour.

Wednesday 12th January 2022
7.00pm - 8.30pm
Cavan + Monaghan

This online programme begins on Wednesday 12th January 2022 and runs for 6 weeks

 ParentingNI

 Interreg
Northern Ireland - Ireland - Scotland

 parentingni.org

 C.A.W.T.
cooperation and working together

 HSC Health and Social Care

Is your child on a waiting list for an assessment around challenging behaviours ??

- **Wed 12.01.2022:**
- **7 to 8.30pm X 6 Weeks**
Supporting Parents Children's Challenging Behaviours whilst awaiting behaviours Assessments (e.g. ASD, ADHD)

Contact collette.Deeney@tusla.ie for more details

Parenting Children's

Challenging Behaviour



An online 6 week programme supporting parents whilst waiting assessment for children's challenging behaviour.

Friday 14th January 2022
10.00am-11.30am
Cavan + Monaghan

This online programme begins on Friday 14th January 2022 and runs for 6 weeks



parentingni.org



WOW!

Is your child on a waiting list for an assessment around challenging behaviours ??

Friday the 14th Jan
10 to 11.30am X 6 Weeks
Supporting Parents Childrens
Challenging Behaviours whilst
awaiting behaviours
Assessments (e.g. ASD, ADHD)

Contact collette.Deeney@tusla.ie for more details

An Autism Awareness Talk for teachers, parents and families.



Join Aoife Casey from AsIAM on
Thursday the 2nd of December 2021 at 11.30
for a talk on Autism Awareness



Rialtas na hÉireann
Government of Ireland

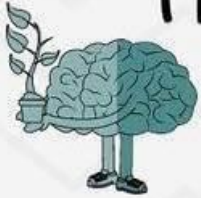
AsIAM are joining Monaghan County Libraries for a talk on Autism Awareness on Thursday the 2nd of December at 11.30am as part of our Sensory Stories programme. Suitable for parents, teachers, families and the wider community, topics covered will include-

- What is Autism? And What is it Not?
- Building Empathy for the Autism Experience
- Supporting Communication
- Supporting Social Interaction / Imagination
- Supporting Sensory Processing
- Supporting Anxiety & Self-Regulation
- Questions & Answers

[Sociable Souls](#)

Book your ticket through Eventbrite - Monaghan Libraries

[Autism Awareness Talk for Teachers, Parents and Families Tickets, Thu 2 Dec 2021 at 11:30 | Eventbrite](#)



How To Work Through Your Emotions



Name the Emotion

- I am feeling _____
- (Examples: Angry, Sad, Fearful, Worried)
- I felt like _____ (describe feeling in a few words).

Identify the Cause

- I was _____ (where)
- I remember noticing _____


Challenge the Emotion

- Was my _____ (feeling) appropriate to the situation?
- Is this situation a distress that I can control?
- If it is out of my control, is this a distress I have to accept and tolerate?

Identify the Behavior

- When I felt _____, I _____ (behavior/action)
- What I wish I had done was _____.



Nawal Mustafa; M.A.  thebraincoach

Supporting children and young people with their emotions



Competition
With a great
cause

To enter the raffle please Revolut €20 to 0871360132
or send €20 to www.paypal.me/ywicm
with your name and phone number

Draw takes place when all tickets are sold



Youth Work Ireland
Cavan Monaghan

All proceeds go to providing
youth services in counties
Cavan & Monaghan



Women's Aid
Confidential information, support
and understanding to women
who are being abused by current
or former boyfriends, partners or
husbands.

Helpline: 1800341900
www.womensaid.ie

tearmann

DOMESTIC ABUSE SERVICE

Email: tearmann dvs@eircom.net

Phone 0858102433

0873654101

0873654279

16 Facts for 16 Days

2



1 in 2 abused young
women have experienced
online abuse

Women's  Aid

womensaid.ie
1800-341-900

parenting monaghan

Information on Parenting
Supports in Co. Monaghan

2021



 Parenting
Monaghan

WOW!

Parenting Monaghan is an inter-agency initiative providing support to parents throughout Co. Monaghan. It is a central point for parents to get information on programmes/supports available in our county.

You can download this fab new booklet below and check out the Parenting Monaghan FB page @parentingmonaghan

<https://www.cypsc.ie/monaghan/local-resources.2020.html>

Castleblayney Youth

Centre

13+

*Thursdays
after school*

GROUP 1: 4pm - 5pm

GROUP 2: 5.30pm - 6.30pm

BOOKING ESSENTIAL AS PLACES ARE LIMITED

**FREE
INGREDIENTS
PROVIDED**

*from Thursday
Sept. 9th*

 youthinfo@ywicm.ie  Sandra 0872670105

castleblayneyyouthcentre
youtherscafecmx



@ywimonaghan1



ywi-cm

Castleblayney Youth Centre

FREE

**10YRS
TO
12YRS**

*Tuesdays
after school*

GROUP 1: 3pm - 4pm

GROUP 2: 4.30pm - 5.30pm

BOOKING ESSENTIAL AS PLACES ARE LIMITED

*from Tuesday
Sept. 14th*

*Arts & Crafts, Cooking,
Games, Outdoor activities*

 youthinfo@ywicm.ie  Sandra 0872670105



castleblayneyyouthcentre

@ywimonaghan1



ywi-cm



Lgbt+ youth Commitee ages 13-18

Carrickmacross Wednesdays
Castleblayney Mondays

MAKE A DIFFERENCE IN YOUR
COMMUNITY
GET INVOLVED AND
HAVE YOUR SAY

*pm on social media to
get involved or email
youthinfo@ywicm.ie*



castleblayneyyouthcafe
youthcafecmx



ywi_cm



@ywimonaghan1



Youth Work Ireland
Cavan Monaghan

GAMING SESSIONS

AGES 13+

Wednesdays

Session 1 : 1.30-2.30

Session 2: 3-4pm

Youthers Cmx Farney Street

CHOOSE BETWEEN
PLAYING POOL OR
XBOX

BOOK YOUR
PLACE LIMITED
NUMBERS

CONTACT MELISSA 087 9057598 OR PM
ON SOCIALS



youtherscafecmx



ywi_cm



Supporting LGBTI+ young people, their families, friends, and wider communities across Cavan & Monaghan



CAMRY had a very positive response from its participation in Stand Up week from 15th - 19th November.

CAMRY delivered presentations to over 400 young people in schools throughout Cavan and Monaghan.

CAMRY also set up a stand in Cavan Institute of Technology to promote LGBTI+ Awareness and supported the College and students in setting up a society group for members of the LGBT fraternity.

Contact Pauric on 087 219 3904 or at info@camry.ie



EUROPEAN UNION

Investing in your future
European Social Fund



Ireland's EU Structural and Investment
Funds Programmes 2014-2020.

Co-funded by the Irish Government
and the European Union.

Carrickmacross YOUTHREACH



etb

Bord Oideachais agus Oiliúna
an Chabháin agus Mhuineacháin
Cavan and Monaghan
Education and Training Board

We welcome applications throughout the year for our programme.

Youthreach is a two-year course for early school leavers offering the chance to achieve qualifications with the same value as the Leaving Certificate

You may be eligible to apply if you:

- Are aged 15-20.
- Want to achieve a full QQI Level 4 Award.
- Have left school before fully completing Junior/Leaving Cert.
- Would benefit from smaller class sizes.
- Would benefit from a more informal school setting.
- Want to do something worthwhile with your time.

Subjects, activities and services offered in Youthreach:

Communications, Maths, IT Skills, Work Experience, Personal Effectiveness, Catering, Woodwork, Art (Painting/Drawing), Childcare, Community Projects, Gaisce Awards, Summer Programme, Health Related Fitness, SPHE and many other subjects.

Qualified counsellor available on a weekly basis.

A weekly training / meal / travel allowance is available to most students.

Contact Bernie Duffy on 087 6745788 or bernadetteduffy@cmetb.ie



Do you need someone to talk to right now?

If you're experiencing a personal crisis, are unable to cope and need support **text HELLO to 50808.**

If your life is in imminent danger, please call 999.

We can help with urgent issues such as:

- Suicidal thoughts
- Self-harm
- Anxiety, panic or stress
- Depression or sadness
- Isolation or loneliness
- Relationship challenges
- Abuse or assault
- Bullying

Get help now

For free 24/7 support in a crisis, text **HELLO to 50808.**

If your life is at imminent risk, call 999 for emergency help.

[TEXT 50808](https://www.cavanmonaghanservices.ie/text-50808)

Do you need someone to talk to right now?



text about it

50808

PEACE PLUS Youth Programme Online Pre-Development Support Workshop



Friday 10 December

To apply for a ticket email:

communications@seupb.eu



Special EU Programmes Body
Comhlacht na gClár Speisialta AE
Special EU Skemes Boadie

This ticketed event is for organisations who work with marginalised or excluded young people aged 14-24 years, who are at risk of becoming involved in anti-social behaviour, violence or paramilitary activity. It will provide advice & guidance on a future funding call for this important Investment Area of the EU [#PEACEPLUS](#) Programme.



LIVE:CAST
2021



I'm In Too
My Choice
To Be Active

LIVE FROM RTE

The National Perspective

With Dr. Una May,
Niamh Daffy,
Minister Anne Rabbitte and
Minister Jack Chambers

>> FREE EVENT

Friday 3rd December 2021 • from 11am

Event Details and Registration at caracentre.ie



The National Perspective - Where To From Here?

This segment will include a discussion with Dr. Una May from Sport Ireland and Niamh Daffy, CEO of Cara in addition to a conversation with Minister Anne Rabbitte, Minister of State at the Department of Children, Equality, Disability, Integration and Youth. We will also be joined by Minister Jack Chambers, Minister of State for Sport and the Gaeltacht. The session will focus on the next steps and future direction specific to ensuring people with disabilities are supported and empowered to lead active, healthy lifestyles. Cara Live:Cast 2021 titled 'I'm In Too - My Choice To be Active' will be broadcast on Friday 3rd December, live from RTE's Studio 5.

LET'S GET CREATIVE COMPETITION

NOBODY LIKE ME

You are one of a kind. There's nobody else like you in the whole world.

Show off your creative talents to tell us- **what makes you unique?**

This could be a skill, a strength, an accomplishment, an ambition, a dream, an experience.

Let's get creative and celebrate the power of difference! **#nobodylikeme**

YOUR ENTRY CAN BE:
PHOTOGRAPHY, PAINTING OR DRAWING,
GRAPHIC ART OR COMICS, COLLAGE,
GRAFFITI ART, SCULPTURE/INSTALLATION,
RECYCLED ART, FASHION

OPEN TO POST-PRIMARY, SPECIAL
EDUCATION AND YOUTHREACH
STUDENTS. PRIZES FOR THE TOP FIVE
IN EACH CATEGORY WITH A PUBLIC
VOTE FOR FIRST PLACE

SIMPLY
CREATE. SNAP. SHARE
WITH US!

For more information on the competition and how to enter, visit

<https://www.mentalhealthireland.ie/mhi-campaigns/creative-competition>

WOW!

Mental Health Ireland

November 16 at 7:23 PM

Enter Mental Health Ireland's
Creative Competition!

Prizes and public exhibition
Theme 'Nobody Like Me'.

**Deadline extended till December
3rd**

Competition open to Post Primary,
Special Education, Youthreach and
Homeschool students!

www.cavanmonaghanservices.ie local services and supports directory

WOW!

WHAT'S ON WHERE IN MONAGHAN

