



## SHINE REGIONAL OFFICES

All Shine services remain available for phone and email support Monday to Friday.

Contact Name	Number	Email	Region Covered
Derek Pepper	086 8525422	northeast@shine.ie	Louth, Meath, Monaghan and Cavan
Rachael Hughes	086 0142112	east@shine.ie	Dublin, Kildare and Wicklow
Jessica Statham	086 8525747	southeast@shine.ie	Waterford, Wexford, Kilkenny, Carlow and South Tipperary
Ann Marie Flanagan	087 7878222	midwest@shine.ie	Clare, Limerick, North Tipperary
Emily Daly	086 8525755	south@shine.ie	Cork
Jason Dowling (Mon to Wed) Sarah Cox (Wed to Friday)	086 8525281 086 0451876	midlands@shine.ie	Offaly, Laois, Longford and Westmeath
Derek Pepper	086 8525422	west@shine.ie	Galway, Mayo and Roscommon (Also covering Kerry)



## SHINE COUNSELLING SERVICES

All counsellors can be contacted via [phil@shine.ie](mailto:phil@shine.ie) or direct via phone or email on information below:

Contact Name	Number	Email
Claire Hawkes	083 8004039	counsellingdublin@shine.ie
Damien Lillis	086 0401657	counsellingcork@shine.ie
Michael Eustace (Tues to Thurs)	086 0142105	counsellingwaterford@shine.ie



## SHINE RESOURCE CENTRES

All resource staff are offering support via phone - Monday to Friday (9am to 5pm)

RESOURCE CENTRE	STAFF NAME	Contact Number
DUBLIN RESOURCE CENTRE	Malachi Mc Coy (Coordinator)	086 8525136
	Lou Van Laake (Mon to Wed)	083 4853514
	Frank Black	086 0407701
	Shaun Mc Guinness	083 4857698
CORK RESOURCE CENTRE	Tian Herbert (Coordinator)	086 8525147
	Aisling Foley	086 4185068
	Joanne Lee (Tues to Thurs)	086 0411368
WATERFORD RESOURCE CENTRE	Martin Matthews (Coordinator)	086 8525562
	Sinead Heffernan (Tues to Thurs)	086 7700246