



SouthWest
Counselling
Centre Ltd

Lewis Road, Killarney Co Kerry
Phone: 064 6636416

TIME FOR YOU!

A series of free workshops for over 30's.



TOPICS COVERED

Dealing with Stress

Emotional Wellbeing and Relaxation

Coping and Resilience

Personal Development and Mindfulness Meditation

Starting Monday May 23rd

Killorglin Family Centre

from 10.00a.m to 12.00noon for 4 consecutive weeks.

(Not including June Bank Holiday Monday)

To register phone: 064-6636416 or email
info@southwestcounselling.ie



SOUTH KERRY DEVELOPMENT
PARTNERSHIP LTD.

These Workshops are being funded by South
Kerry Development Partnership Ltd and
SouthWest Counselling Centre, Killarney.



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