

YOUTH WORK IRELAND NORTH CONNAUGHT

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PROGRAMMES & WORKSHOPS

For more details contact Anne Brennan or Catherine McCann

	Personal Wellbeing & Mindfulness Calm thinking, sharpen concentration and check Self Talk by tuning in and becoming more alert to your present thoughts, behaviours and feelings. You can practice mindfulness and positive thinking anytime, in school, with friends or at home with your family helping maintain positive mental health and overall wellbeing.
	B4U Decide – Relationships and Sexual Health <ul style="list-style-type: none">• Making responsible decisions in relationships• Developing decision making, assertiveness and self esteem• Personal safety and body awareness• Consent, rights and responsibilities in relationships
	Internet Safety & Responsible Online Behaviour Covers all aspects of using internet – Cyberbullying, Onling Gaming, Keeping Passwords Safe, Sharing personal information on Social Networking Sites, Blogging safely and lots more.
	Guidance Counselling <ul style="list-style-type: none">• Develop CV writing skills and improve interview skills• Identify individuals interests, aptitudes and abilities• Explore employment options and progression routes in training, education and college application.
	European Youth Mobility Information Information workshops aimed to increase young people's awareness of opportunities available to study, train, work and volunteer in Europe in partnership with Eurodesk/Leargas.
	Health Eating & Living Develop awareness of eating habits. Explore nutritional and sugar content and healthy options. Using games, quizzes and interactive group work to make this a fun learning experience.
	STUDENT TRAVEL CARD €10.00 including Photos Get School/College to stamp your Application Form. We take photos here and process the card. www.studentleapcard.ie