

Personal Growth Workshop

A new self-development group for young people in Ballymote

A safe group for young people who want to explore self-development issues in a confidential space



- Open to 15 to 20 year olds only - All gender identities welcome
- Every Monday 4.15 - 5.45 - Starts October 10th for 6 weeks
- Discover a new healing balance through insight and exploration



Contact Niamh Flaherty
071 919 7818
Email: ballymotefrc@gmail.com

