

Positive Living



ADULT LEARNING SERVICE - KCETB

Tullow Road, Carlow, R93 R2P0

T: 059 9135544 E: info@carlowadultlearningcentre.ie W: www.kcetb.ie

Family Learning

Family Learning courses help parents and other adults to support learning for children in the home and at school.

Volunteering

Volunteer Tutors help support learners developing their reading, writing and maths skills. Full induction training is provided so you don't need any specific qualifications just an interest in passing on the joy of reading to others.

AWARE

T: 1800 804848 W: www.aware.ie

Online Wellbeing Programmes

The Life Skills Programme is aimed at individuals who are experiencing mild to moderate depression, stress and/or anxiety and would like to learn new ways to deal with life's challenges. The programme is based on the principles of Cognitive Behavioral Therapy (CBT) and is designed to help people learn more about how they think and how this can influence their actions in helpful or unhelpful ways.

Mindfulness-Based Stressed Reduction Programme - extensive research into this eight-week programme has shown that developing mindfulness has a significant positive effect on reducing anxiety and depression and managing stress. This programme is run one evening per week (2.5-hour sessions) and delivered in conjunction with The Mindfulness Centre. The programme is suitable for those experiencing depression or low mood, anxiety or stress. This programme is available to anyone aged 18 years and over, who resides in Ireland.

BALLON BUSINESS AND TRAINING SERVICES

The Old School, Ballon, Co. Carlow, R93 C9H6

T: 059 9159447 E: ballonbts@gmail.com W: www.ballonbts.com

Wellbeing Programmes

- **Mindfulness and The Four Agreements** (p/t)
Web link: https://www.ballonbts.com/service-page/mindfulness?referral=service_list_widget
Duration: 5 weeks
Start Date: 05/09/23
End Date: 03/10/23
Timetable: Tuesdays, 7.30pm-8.30pm
Course content: Join Jack on this 5-week introduction to the practice of Mindfulness and Mediation and to four changes of attitude which will bring us to a more peaceful, happy and authentic life.
- **Tai Chi** (p/t)
Web link: https://www.ballonbts.com/service-page/tai-chi?referral=service_list_widget
Start date: 27/09/23

End date – 18/10/23

Timetable: 4 Wednesdays – 7.30pm-9pm

Course Content: This class gives a good introduction to the art of Tai Chi and Chi Kung, enabling participants to experience these benefits in person and learn how to integrate them into their daily living. Please Note: A yoga mat and rug are needed for this course as exercise are practised in bare feet

- **Tai Chi Mindful Movement and Meditation** (p/t)

Start date: 13/10/23

Timetable: 4 Fridays – 10am-11.30am

Course Content: Preparation for relaxation and meditation – posture, awareness and breadth; Silence, stillness and simplicity of meditation, Tai Chi and Chi Kung exercises; Establishing a daily meditative practice and Connecting to your true inner self with Infinite Meditation. Please Note: A yoga mat and rug are needed for this course as exercise are practised in bare feet

BAGENALSTOWN FAMILY RESOURCE CENTRE

Royal Oak Road, Moneybeg, Bagenalstown, Co. Carlow, R21 Y753

T: 059 9722028 E: bagenalstownfrc70@gmail.com

W: <http://bagenalstownfamilyresourcecentre.ie>

For information on positive living courses that run at various times throughout the year please contact the centre.

CARLOW COUNTY LIBRARY SERVICE

T: 059 912 9705 E: library@carlowcoco.ie W: www.carlowlibraries.ie

FB: www.facebook.com/carlowcountylibraries Twitter: @CarlowLibraries

Library branches are in Carlow (059 912 9701), Tullow (059 913 6299), Muinebheag (059 912 9703) and Borris (059 917 0350)

Healthy Ireland at your Library (www.librariesireland.ie/services/healthy-ireland-at-your-library)

is a nationwide initiative which seeks to encourage people to make positive choices to improve their physical and mental health. The aim is also to provide support and information to help people make more healthy choices. Services provided by Carlow County Library Service include enhanced health information, with all library branches having books, eBooks, audio and e-Magazines on various issues such as healthy eating, positive ageing, childhood health and wellbeing. Healthy Ireland at Your Library Events are held throughout the year, with online talks/webinars and in-branch events. For any enquiries relating to same, contact Fiona O’Toole, Healthy Ireland at Your Library Co-ordinator - fotoole@carlowcoco.ie

CARLOW KILKENNY SKILLNET

Carlow Gateway Business Centre, Athy road, Carlow R93 C7 P6

T: 059 9132152 E: admin@carlowkilkennyskillnet.ie W: <https://carlowkilkennyskillnet.ie/>

Self-directed online learning - <https://carlowkilkenny.mykademy.com/>

- Anti-Bullying in the Workplace (p/t)
- Being There (p/t)
- Change Management (p/t)

- Dignity in the Workplace (p/t)
- Emotional Intelligence (p/t)
- Individual Development Planning (p/t)
- Managing Under Pressure (p/t)
- Time and Priority Management (p/t)

CARLOW MENTAL HEALTH ASSOCIATION (CMHA)

T: 085 8181353 E: carlowmentalhealth@hotmail.com W: www.carlowmentalhealth.ie
 CMHA also has a presence on FB/ TWITTER/Instagram

CMHA established in 2010 is a Voluntary Organisation affiliated to Mental Health Ireland and a registered charity compliant with the Charity Regulator. We aim to promote positive mental health and to reduce stigma around mental health challenges through discussion and enhanced awareness. We are also a signposting service offering guidance to the public regarding the appropriate services to access in their own personal situation.

Throughout the year we organise a number of events, all with our aims and purpose to the fore. During Covid our activities went online and many of the interviews and discussions from that time remain available to view on our social media platforms and on YouTube. Our online presence not only promotes our own programmes/ events but also promotes information and support from other National, Regional and Local agencies and organisations. Each year to highlight World Mental Health Day on October 10th we run a series of events - Mensana Fest and this year we are very optimistic that we can return to live events. All information regarding upcoming events will be posted on our social media.

- **Autumn Wellness Retreat Morning**

Spend the morning immersing yourself in holistic treatments – sound bath meditation, colour therapy, balance your energy and harmonise your life... bring a pillow, blanket and mat.

Venue: An Gairdin Beo

Timetable: 15.10.2023 (10am-12.30pm)

Contact: call 087 1369602 to book your place

CARLOW SOCIAL PRESCRIBING SERVICE

St Catherine's Community Services Centre, St Joseph's Road, Carlow, R93 T4C6

T: 059 9138700 E: socialprescribing@catherines.ie W: www.catherines.ie

Social Prescribing is a model to support the health and wellbeing of people by using community-based activities and supports such as exercise, art, community health education, gardening, holistic therapies, fun activities, volunteering etc. The Carlow Social Prescribing Service is a free support that aims to reduce social isolation and improve people's health and wellbeing. The service is for people over 18 living in the Carlow Metropolitan Area. For more information or queries on the service please contact St. Catherine's.

CARLOW VOLUNTEER CENTRE

Carlow Local Authorities, Athy Road, Carlow, Eircode R93E7R7
T: 0599173033 E: info@volunteercarlow.ie W: www.volunteercarlow.ie
FB: <https://www.facebook.com/carlowvolunteercentre>

Volunteering

Carlow Volunteer Centre offers support and guidance to individuals and Volunteer Involving Organisations to reach their individual and collective goals while making a significant contribution to their local community and society. Our Vision is a vibrant Carlow society where every person feels connected to their community through active participation in voluntary activities. We promote the value of volunteering and increase the range and quality of volunteering in Carlow, to help individuals find meaningful opportunities to volunteer and to support not-for-profit organisations to involve volunteers in their work. Volunteering is ultimately about people helping others and feeling connected with their community. We believe in equality; all people should be valued and respected.

FOCUSED TRAINING IRELAND

Carlow Office: Tullow Business Centre, Bunclody Road, Tullow, Co. Carlow, R93 ER 85
T: 085-8459047/ Main Office: 01-5175007 E: info@focusedtrainingireland.com
W: www.focusedtrainingireland.com

- **QNUK Level 3 Mental Health at Work (p/t)***
Supporting Individuals during a Mental Health Crisis at Work.
Duration: 2 days
Certification: This course equates to a NQA Level 4, candidates will be a certified Mental Health First Aider.
- **Mental Health in the Workplace for Managers (p/t)***
This course provides Managers with an understanding of the basic principles relating to supporting mental health in the workplace and promoting a positive, 'wellness at work' culture.
Certification: Highfield Level 3 Qualification (RQF)
- **Mental Health at Work (p/t)***
Understanding Mental Wellbeing in the Workplace. This course will give individuals understanding of their own mental health and how common mental health concerns can be identified in themselves and others; with strategies to reduce the risk. This qualification will give learners personal growth and engagement in learning.
Certification: QNUK Level 2 Award

Focused Training Ireland (FTI) also delivers various Mental Health Workshops at various times during the year: -

- Supporting Mental Health as a Manager
- Resilience and Wellbeing
- Promoting a culture of wellbeing

FTI also have various Mental Health online courses: -

- Children's and young people's mental health
- Developing a workplace Mental Health Policy
- Stress Management
- Supervising Mental Health at Work
- Depression Awareness
- Mental Health First Aid

FORWARD STEPS FAMILY RESOURCE CENTRE

Chapel Lane, Tullow, County Carlow, R93 CY68
T: 059 9152776 E: pmforwardsteps@gmail.com

For information on positive living courses that run at various times throughout the year please contact the centre.

GESTALT INSTITUTE OF IRELAND

Venue: Teach Bhride, Tullow, County Carlow
T: 091 452013 E: admin@gestaltinstitute.ie

Personal Development Programme (p/t)

Web Link: <https://gestaltinstitute.ie/programme/personal-development-programme/>

Start Date: October 2023

Timetable: Midweek programme consisting of three 3-day workshops (Tuesday – Thursday) and one 4-day workshop (Monday -Thursday)

Course Content: this is a one-year, part-time, residential personal development programme. The programme is designed for people who are interested in self-awareness and personal growth and may benefit from Gestalt skills in their own personal and professional lives. Meditation, awareness, grounding, bodywork, and dream work are all explored during this year of personal growth. Participants work at a deep level in a small, supportive group with experienced facilitators. The programme will provide you with practical tools for stress management and conflict resolution. Whether you work in a caring profession, where communication and relationship skills are important, or you wish to explore your personal and professional relationships with a view to making your life richer and more personally fulfilling, this programme is for you.

HACKETSTOWN CORE CENTRE

Hacketstown, Co. Carlow

E: hacketstowncore@gmail.com FB: <https://www.facebook.com/marygdoyle99/>

- **Mindfulness** (p/t)
Free course funded by KCETB
Start date: 02/10/2023
Timetable: Monday nights 7-9pm

For information on positive living courses that run at various times throughout the year keep an eye on their Facebook page.

HSE LIVING WELL PROGRAMME

T: 056 778 49 45 E: LivingWellSE@hse.ie
W: <https://www.hse.ie/eng/health/hl/selfmanagement/living-well-programme/>

Living Well is a free Self-Management programme for adults living with long-term health conditions. It runs for 2.5 hours once a week for six weeks. The Programme is available in person and online. Two trained leaders deliver the workshops. At least one of the leaders lives with a long-term health

condition. People taking part in the workshops may or may not have the same health condition(s). Examples of long-term health conditions include (but are not limited to): Chronic Obstructive Pulmonary Disease (COPD), Asthma, Diabetes, Heart conditions, Stroke, Multiple Sclerosis (MS), Arthritis, Cancer, Crohn's Disease, chronic pain and depression.

INSIGHTS COUNSELLING CARLOW

T: 059 9108010 E: asarahsutton@gmail.com W: <https://www.counsellingcarlow.com/>

Venue: Enterprise House, O'Brien Rd, Carlow, R93 Y0Y3

- **Personal Development Workshops** (p/t)

Would you like to take time to look inwards and get to know who you are? This is a journey of self-discovery and new awareness. This course is for anyone who needs some self-care or me time!

Gain a new understanding of how you think, feel, and behave and why. Areas discussed: Self Esteem, Self-concept, Relationship Behaviours, Inner Critic, Value systems, Family of Origin and many more. Tools & Techniques - Mindfulness techniques/ Cognitive Behaviour Tools/ Self - Compassion exercises

Start Date: 18.10.2023

Timetable: 8 Wednesday evenings

KCASES (EmployAbility SERVICES KILKENNY/ CARLOW)

Doyles Corner, Lower Pollerton Road, Carlow

T: 059 9135564 E: info@kcases.ie W: <https://kcases.ie>

KCASES provides a range of supports to people with a disability, through Job Coaches. The range of supports includes Individual Needs Assessment, Vocational Profiling and Career Planning, Individual Employment Plan, Job Sourcing and Job Matching, On-the-job Support and Coaching, Follow-up Support and Mentoring.

KCETB EVENING CLASSES

Venue: Carlow Institute of Further Education and Training

Mortarstown Upper, Carlow, R93 X0FX

T: 059 9134230 E: applications@carlowinstitute.ie

Information and application: <https://carlowinstitute.ie/nightcollege/>

- **Pilates** (p/t)

Pilates invigorates the mind, develops core muscle strength, improves balance and co-ordination. Suitable for beginners. Limited number in class. Bring your own exercise mat, towel and bottle of water.

Start Date: Tuesday, 26/09/23

Timetable: 8 weeks from 7-9pm

- **Yoga** (p/t)

Yoga focuses on relaxation, posture, awareness, breathing exercises, meditation. Suitable for all levels. Bring your own exercise mat, towel and bottle of water.

Start Date: Tuesday, 26/09/23

Timetable: 8 weeks from 7-9pm

INVOLVEMENT CENTRE

St Dymphna's Hospital, Athy Road, Carlow

T: 059 9136342 E: involvementcn@gmail.com

FB: <https://www.facebook.com/pages/category/Community-Organization/Involvement-Centre-Carlow-704995292894687/>

Carlow Involvement Centre is open Monday- Friday's from 10am - 1pm. Drop in and say Hello and have a cuppa, meet our volunteers and see what the Involvement Centre has to offer you in terms of informal peer support and in the area of mental health and recovery. The Centre provides a safe space to support you with signposting to relevant online services or support that are available in your local community. The Involvement Centre is a peer led recovery focused space run by volunteers. It offers a warm, welcoming place, in which mental health difficulties are understood to be part of life and are accepted in a non-judgmental way. Volunteers and visitors to the centre develop the programmes and activities in line with the expressed needs of those who visit the centre.

RECOVERY COLLEGE SOUTH EAST

T: 086 1746330 E: enrolrecoverycollegesoutheast@gmail.com

W: <https://www.recoverycollegesoutheast.com/>

- **Managing Emotions** (p/t)

Venue: The Boardroom, St Dymphna's, Hospital, Carlow

Do you often experience distress? Do you find it very difficult to manage your distress? Do you often feel overwhelmed? Do you find it difficult to manage your emotions? Have you self-harmed in an attempt to cope with your distress? If so, then this group may be for you

Start Date: 07/09/23

End Date: 23/11/23

Timetable: Thursdays (10am-12pm)

- **Much more than words** (p/t)

Venue: Involvement, Centre, c/o St Dymphna's, Hospital, Carlow

"Much more than words" – a space where you can share a poem, tell a short story, write a few words, sing a song, draw a picture or just sit, listen and enjoy. Open to everyone, it's fun, entertaining and a great way to meet people – a good way to express yourself and what may be going on for you in your world. Come along and give it a go!

Start Date: 22/09/23

End Date: Ongoing

Timetable: Fridays (11.30am-12.30pm)

ONLINE WORKSHOPS

- **Writing Group** (p/t)

This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious about creative writing. So, come along, join the group and give it a go.

Start Date: 20/09/23

End Date: Ongoing

Timetable: Wednesdays (3pm-4pm)

- **Understanding and Managing Anxiety** (p/t)

Everyone experiences periods of anxiety at some stage in their lives. We can feel tense, uncertain, fearful or nervous. Anxiety is a word used to describe these moments of discomfort. This

workshop is for people who want to learn more about the facts of anxiety and learn practical and effective ways of managing and living with anxiety.

Start Date: 20/09/23

End Date: 11/10/23

Timetable: 4 Wednesdays (10am-12.30pm)

- **Support Group for people who live with Anxiety**

This peer support group will give you an opportunity to share openly and safely your personal experience of anxiety, what worked well for you, the day-to-day challenges of living with anxiety, a chance to share your knowledge with and also learn coping tips and tools from others who have experience of anxiety

Start Date: 25/09/2023

Timetable: Last Monday of the month at 2.30pm

- **Understanding and Managing Anger (p/t)**

What is Anger? Why do we feel it? Does Anger affect your wellbeing and quality of life? Anger is a natural powerful emotion that we all experience from time to time. This workshop explores how anger can impact negatively on our lives and what we can do about it.

Start Date: 16/10/23

Timetable: One Monday morning (10am-12.30pm)

- **Personal Development Programme (p/t)**

This eight-week workshop will help you build confidence and self-esteem, identify and develop the skills that can help you to set life goals which can enhance job prospects, and help you live a more fulfilling quality of life.

Start Date: 18/10/23

End Date: 13/12/23

Timetable: Wednesdays (10am-12.30pm)

- **Learning Self Compassion and Kindness to Myself (p/t)**

Do you ever feel cut off from others and feel like other people are somehow better able to cope? Is it difficult to find time to look after yourself, do you tend to criticise and judge yourself more harshly than you would others? Do you concentrate more on mistakes and failures rather than your strengths and successes? Developing self-compassion and learning to be kinder to ourselves is possible for everyone. This workshop will explore what self-compassion is and how to overcome barriers to developing it.

Start Date: 23/10/23

Timetable: One Monday morning (10am-12.30pm)

- **Loneliness, Isolation and Reconnecting (p/t)**

Many people are affected by a feeling of loneliness and isolation. Recent and up to date studies show the negative effects Loneliness and isolation can have on our overall health and wellbeing.

Start Date: 06/11/23

End Date: 20/11/23

Timetable: Mondays (10am-12.30pm)

- **Understanding and Living with Hearing Voices (p/t)**

The experience of hearing voices can differ from person to person. The aim of this workshop is to gain a better understanding of the common nature of voice hearing, to explore and share ideas for managing and living well with hearing voices.

Start Date: 10/11/23

Timetable: One Friday morning (10am-12.30pm)

- **Understanding and Managing Anxiety** (p/t)
For people who want to learn more about the facts of anxiety and learn practical and effective ways of managing and living with anxiety.
Start Date: 14/11/23
End Date: 05/12/23
Timetable: Tuesdays (7pm-9pm)
- **Understanding and living with Psychosis /Paranoia** (p/t)
While psychosis/paranoia is surprisingly common, it can be a very unsettling and frightening experience for the person experiencing it as well as the people who care about them. This workshop is for anyone who wants to better understand psychosis and paranoia and learn effective ways of living well with it.
Start Date: 17/11/23
Timetable: One Friday morning (10am-12.30pm)
- **Positive Thinking** (p/t)
This workshop will help participants identify patterns of negative thinking and to acquire skills to help develop positive thinking.
Start Date: 27/11/23
Timetable: One Monday morning (10am-12.30pm)
- **Building our Self Confidence** (p/t)
Knowing ourselves and having confidence in ourselves is not only important but is helpful in living well. Focussing on inner confidence rather than behaviour, this course will share strategies that enable you to identify your strengths and qualities in order to live well and maintain your wellbeing.
Start Date: 04/12/23
Timetable: One Monday morning (10am-12.30pm)
- **Self-Belief** (p/t)
Self-belief is a person's belief in their ability to complete tasks and to achieve their goals (Bandura, 1995). This workshop will explore the term self-belief and how it can influence your life in many ways. It will also look at different ways of how to enhance your level of self-belief.
Start Date: 11/12/23
Timetable: One Monday morning (10am-12.30pm)

THE REGIONAL SUICIDE RESOURCE OFFICE

T: 051 874013 W: www.hse.ie / www.bookwhen.com/sro

- **eSuicide** - online exploration in suicide awareness (1-2 hours)
- **Living Works START** - Suicide Prevention Skills Online Programme (1.5 hour)
- **safeTALK** - Suicide Alertness Training (3.5 hour)
- **ASIST** (Applied Suicide Intervention Skills Training) - Applied Suicide Intervention Skills Training (2 days)
- **Understanding Self-Harm** - (1 day)
- **Suicide Bereavement Workshop for Professionals** - (1 day)
- **Suicide Bereavement Community Information** - (2 hour)

Book into this training at www.bookwhen.com/sro or email trainingsro@hse.ie

TAI CHI AND WELLNESS ACADEMY

Burton Hall, Palatine, Co. Carlow, R93D1K5

T: 086 0789241 E: info@taichiandwellnessacademy.com

W: www.taichiandwellnessacademy.com

The Tai Chi and Wellness Academy was developed by founder Rosaleen Fadden to grow and extend the practices of Tai Chi, Chi Kung and Meditation as Pathways to Wellness. The Academy offers a variety of classes, workshops and courses designed to empower and improve our lives, one step at a time. Rosaleen and the Associate Teachers are eager to help others to share these Pathways to Wellness by running classes, workshops and by training Tai Chi Teachers at the Academy.

TEACH BHRIDE HOLISTIC EDUCATION CENTRE

Tullow, Co. Carlow

T: 059 9152465

Personal Development

Personal Development / Training Programmes - topics covered in these courses include self-esteem/self-confidence; communication skills; depression; fear/ anxiety; panic attacks; managing strong emotions / feelings; relationship development; anger management; bereavement support; support for people suffering with suicidal thoughts or families / people bereaved by suicide; addiction; spirituality; sexuality, co-dependency.

Other available programmes at the Centre that also attend to the development of the person include: • Yoga • Meditation • Tai Chi • Mindfulness • Homeopathy • Holistic Massage

TULLOW MEN'S SHED

Pairc Mhuire, Tullow, R93 V259

FB: Tullow Mens Shed

Membership is open to anyone who is male and over the age of 18 years of age. Drop into the Men's Shed any Tuesday evening between 7pm-9pm and we will show you around and we can give you an application form. Facilities include: fully equipped workshop, full canteen facilities, relaxing seating area, poly tunnel and vegetable garden – a great place to learn a new skill or share your skills.

MEDITATION/ MINDFULNESS/ PILATES/ TAI CHI/ YOGA

- Ballinkillen Lorum Community Centre – 059 9775175/ 089 2578122
- Ballon Business & Training Services (Pilates/ Yoga) www.ballonbts.com/ 059 9159447
- Canta Clinic (Pilates) - <https://www.canta.ie/> 083 3555722
- Carlow Institute of Further Education and Training Evening Classes - <https://carlowinstitute.ie/nightcollege/> 059 9134230
- Carlow Mandala Yoga Studio - www.carlowmandalayoga.ie / 085 8426030
- Connie Byrne (Meditation/ Mindfulness/ Yoga) – www.conniebyrneyoga.com / 083 4415635
- JFK Rehabilitation & Injury Clinic – FB <https://www.facebook.com/jfksporthphysio/> 087 7956977
- Mindfulness by Jack Byrne - www.mindfulnessbyjackbyrne.com / 086 6066087

- Mulvarra House - <https://mulvarra.com/> 051 424936
- Pam Butler - www.pambutleryoga.com / 086 0891141
- Pilates by Ciara – www.facebook.com/pilatesbyciara / 086 3006871
- Realta Clinic Carlow - www.facebook.com/starcarlow / 059 9134779
- Rosaleen Fadden - www.taichiandwellnessacademy.com / 087 3477277
- St. Catherine’s Community Services Centre – www.catherines.ie / 059 9138700
- Sylvia Shirley Healing & Wellness Centre - <http://www.sylviashirley.com> / 085 7107420
- Teach Bhride Holistic Education Centre - 059 9152465
- TM Pilates - www.tmpilates.com / 087 7731106
- Wellness with Wendy – www.facebook.com/wellnesswithwendyc0 / 086 1511290
- Yoga with Katie (Tullow) – 086 8790171 or dm @moderndayyoga on Instagram

ONLINE/ BLENDED LEARNING WEBSITES

- Alison - www.alison.com
- AWARE - www.aware.ie
- Carlow Kilkenny Skillnet - <https://carlowkilkenny.mykademy.com/>
- Carlow Mandala Yoga Studio - www.carlowmandalayoga.ie
- Focused Training Ireland - www.focusedtrainingireland.com
- HSE Mental Health Services - www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/training/types-of-training/
- HSE Living Well Programme - <https://www.hse.ie/eng/health/hl/selfmanagement/living-well-programme/living-well-programme.html>
- HSE Stress Control Classes - <https://stresscontrol.ie/>
- Pam Butler - www.pambutleryoga.com
- PCI College Ireland - <https://www.pcicollege.ie/personaldevelopmentcourses>
- Pitman Training Carlow Kilkenny - <https://www.pitman-training.ie/our-courses/career-development/personal-development/>
- Recovery College Southeast - www.recoverycollegesoutheast.com
- The Free Mindfulness Project - <http://www.freemindfulness.org/download>
- TM Pilates - www.tmpilates.com
- Universal Class - <https://lgma.universalclass.com/register.htm>

Although every effort is made to ensure that the information contained on this factsheet is accurate it is essential readers should check with the appropriate organisations for the latest information. Co. Carlow AEGIS accepts no responsibility for the accuracy of the information contained in this document or for any actions arising from its use.