

Heads Up

KILDARE



A Programme To Find Your Mojo

ARE YOU?

- IN DISTRESS
- MALE & OVER 18 YEARS OF AGE
- MOTIVATED TO CHANGE
- ABLE TO PARTICIPATE IN A 12 WEEK PROGRAMME, 2 MORNINGS A WEEK
- ABLE TO TAKE PERSONAL RESPONSIBILITY

Next Programme Starts:

January 2019 in Athy.

Contact: Niamh on 085 2845871 or 045 446357 or niamh@countykildarelp.ie