

Helping you to  
reach your  
goals

## CONTACT US

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**wexford**   
local development

**Forbairt Áitiúil Loch Garman**

CLIENT  
SUPPORT  
TEAM

**wexford**   
local development

**Forbairt Áitiúil Loch Garman**

Can we help you?

FREE AND CONFIDENTIAL SERVICES



# Group Facilitation

For groups of people with a common need. Group facilitation can have a personal development focus, for example:

- Managing your emotions
- How to cope in a crisis
- Interpersonal Skills
- Goal Setting
- Self Care
- Learning to be Assertive
- Confidence Building

*Free Training Available*

- Driver Theory Preparation
- Manual Handling
- Jobskills – CV preparation, interview skills
- Healthcare Modules



## One to One supports

For people who may struggle with issues that are blocking them from achieving their personal, education or employment goals, e.g. confidence, anxiety, feeling isolated, substance misuse, parenting or relationship difficulties.

*If you'd like to find out more please contact WLD on 053 9155800*

## About us...

Wexford Local Development is a community based organisation working to address inequality and to create opportunities for local people to improve their lives.

*We offer one to one supports, group facilitation and free training.*