



My Friends Youth Post-Primary Training

My FRIENDS Youth is a comprehensive curriculum, that empowers young people with the necessary tools to overcome life challenges, in positive ways. The skills learnt empower youth to deal with stressful situations by normalising the state of anxiety and teaching self-regulation.

This training will be hosted via Zoom. Places will be allocated on a first come, first served basis.

Dates: 3rd, 10th and 24th March 2022 3pm-5:30pm

Please register your interest below, you will then be emailed an application form to fill out and return to Drumcondra Education Support Centre.

If you have any queries, please email: sarahm@ecdumcondra.ie