

## SUPPORTS & SERVICES

Some of the many supports & services available at our Drop-in / Resource Centre. Please ring the office for details of times & appointments.

- Drop in /Information centre
- Low cost general counseling
- Listening and Referral service
- Bereavement counselling
- Suicide prevention counselling
- Relationship and family therapy
- Domestic abuse counselling
- Access to education and employment support (one to one mentoring)
- Supports groups— ANEW, LGBT, GROW, Living with addiction.

### Outreach Services Available

- Citizen Information Services—Wed 2-5pm
- Roscommon Safelink—Domestic Abuse support & counselling—071 9664200
- M.A.B.S.—Money and Budgeting Advice Service—0761 072720

## USEFUL NUMBERS

Roscommon Women's Network	094 9621690
Women's Aid	1800 341 900
Roscommon Safe Link	071 9664200
Samaritans	1850 609 090
MABS (Roscommon)	0761 07 2720
Citizens Information Service	0761 07 6380
LGBT support- BeLonG To	01 6706623



## HOW TO CONTACT US

Roscommon **Women's** Network

Unit 5 The Old Mill, Castlerea,



Co. Roscommon.



094 - 9621690

info@rwn.ie

www.rwn.ie

## RWN Local Training Services

1. Working with Computer Applications Level 3
2. Employment Skills Level 4
3. Information Processing Level 5
4. Retail Practices Level 4 & 5
5. ECDL Version 6

For more information call 094 9621690 or email: [training@rwn.ie](mailto:training@rwn.ie)



*Board members & staff  
pictured at the Women's  
Conference*



*When one door of happiness closes,  
another opens, but often we look so  
long at the closed door that we do not  
see the one that has been opened for  
us. -Helen Keller*



national collective of  
community based women's networks

## **TABLE QUIZ**

The board, management and staff of RWN are very grateful to the **Castlerea Musical Society** for organizing the Table Quiz night fundraiser in McGourtys that was held on Friday 13th January. There was a great turnout and a great evening was had by all.

## **RELATIONSHIP COUNSELLING—Low cost**

**RWN** have secured funding for Family Support and Relationship counseling from Tusla. Contact us on 094 9621690 or info@rwn.ie for more information or to make an appointment. See overleaf for full list of services available in RWN.

## **GENERAL COUNSELLING—Low cost**

We offer General Counseling here in RWN. This covers anything from a bereavement to just generally feeling low, vulnerable or overwhelmed. If you feel you or someone you know would benefit from a confidential conversation with a qualified counsellor at an affordable cost to you, please do not hesitate to make an appointment by calling us on 094 9621690.

**ANEW** is a support group for women overcoming alcohol addiction. The group meets weekly at RWN Castlerea. For more information call 089 4292069

## **BASIC COMPUTER CLASSES**

Would you like to learn basic computer skills? We will have part-time, afternoon classes in basic computer skills starting in February. If you would be interested in this or need more information contact Rita on 0868438349

## **RWN CHARITY SHOP**

The RWN charity shop is a Social Enterprise. The profits from the shop support the work of the project and enables us to continue offering our free and low cost supports around the county. We greatly appreciate the donations of clothes etc. which we receive regularly from families around the county. A dedicated team of volunteers keep the shop open 6 days a week. The shop stocks good quality clothes for men, women and children. The shop boasts a superb book corner and DVD rack to suit all tastes. Children's toys, housewares, soft furnishings are all on offer. This is a venture run using the social Enterprise model and all the proceeds go directly towards supporting women and families. To donate items to the shop or offer support as a volunteer please call 094 9621690.

## **WHAT WE'RE AT AROUND THE COUNTY**

- **Ruoskey**-A new project called "Minding Me" will be starting in Ruoskey shortly. The programme will include confidence building in a fun filled manner. If you would like to be involved please call Maria on 087 4073321

## **Personal Development Training**

If you feel you would benefit from some personal development/confidence building please contact us to register for one of our short part time courses on 094 9621690 or 087 4073321

## **Project Match Castlerea**

The Project Match Castlerea Older Men's Group continue to meet in RWN on Wednesdays @ 11-1pm. If you would like to join the group and attend our regular outings just pop in or contact 094 9621690

## **Women's Groups**

RWN will continue to support women's groups around the county in 2017. If you would like to join a group or set up a new group in your locality call Maria on 087 4073321.

- **Castlerea Women's Group** meet in RWN @11.30am Wednesdays.
- **Ballaghadereen Women's Group** meet in the Phoenix Centre @ 11am Fridays.
- **Boyle Women's Group** meet in St. Joseph's Resource Centre on Tuesdays

## **Dublin Mini Marathon**

Would you like to run/walk the 2017 Women's Mini Marathon in Dublin on Monday 5th June in aid of RWN? RWN will be providing transport to Dublin on the day. We will be organising weekly walking/running groups around the county in preparation for the marathon. All levels of fitness and abilities catered for. Like our facebook page or contact the office for details.

## **Meet & Train**

To get started with your fitness join us for a walk around the Demense in Castlerea on Tuesdays @1pm. Call Tracey on 094 9621690

## **RWN Parent & Toddler Group**

The Parent & Toddler group continues to meet every Tuesday @ 10am-12pm in RWN. Come along with your toddler and join the fun. Fruitie treats and goodies for the little uns...€3 per child. For more information call 094 9621690

## **Young Mums Group**

For mums with children 0-12 years. Every Wednesday at 10am -11am in RWN