



Ozanam House
Community
Resource centre



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53 MOUNTJOY SQUARE WEST
DUBLIN 1
Phone : 01 8742804
www.Ozanamhouse.IE



find us on Facebook :
'SVP Ozanam House'
SYS



Our Mission :

Ozanam House's mission is to be a safe place where people learn, grow and develop. A place that serves our needs, enriches our lives in a supportive, fun and caring environment.



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Important Info

Start Date :

September 22th

- Every Thursdays –

*** Fees: €35 annually**

SYS :

1st-6th year.

5.30 – 6.30PM (13– 17yo)

Activities :

Lego

Robotic

Baking/Cooking

Life skills programme

Life Coaching Programme

Mental health Programme

Rugby

What you need

To know :

Our Senior Youth Group (SYS) is a chance for young people to come together in a safe environment. They will learn various life skills as cooking and baking healthy meals and focusing on the importance of physical activity for mental health. It's a chance for young people to socialise with friends and those outside their schools. Over the year we will be completing different workshops and programmes run by Aoife Lee for 4 weeks where we will cover modules such as better learning to manage your emotions and reacting to situations. Empowerment and self belief. Managing your inner critical voice and building self compassion.

