

JIGSAW

Jigsaw is the National Centre for mental health.

It provides a wide range of therapeutic supports and services to young people in Ireland.

Eoghan MacDomhnaill's talk will address what are the main influencers on our mental health and the importance of One Good Adult in the life of a young person.

Facilitator: *Eoghan MacDomhnaill, Service Manager
Jigsaw*

Date: *Wednesday 9th November*

Time: *7.30 pm - 9.00 pm.*

Venue: *Croi Nua Spirituality Centre, Rosary Lane,
Taylor's Hill, Galway. (H91 WY2A)*

Phone: *087 6683770*

Email: *croinuacentre@gmail.com*

Website: *www.croinua.com*

Donation: *All proceeds to Jigsaw*

In person and on Zoom. If you would like to join us on Zoom you can get the link by emailing croinuacentre@gmail.com.