



The PHOENIX WOMEN'S CENTRE is all about supporting women in any way that we can. No matter what difficulty a woman may encounter, we are here to help on our support line, Monday, Wednesday and Friday, 10.00a.m. to 2.00p.m.

We also respond to needs as raised by you the women of Kerry. What would you like us to offer? This month we have had Virtual Coffee Mornings, Gardening Classes and the regular Wednesday morning walks.

Do you need IT support to help you apply for a job on line? Do you need any specific skills training? If we cannot deliver it ourselves, we will refer you to someone who can help. Do you need to talk to someone? We will listen with no judgement and if necessary, can refer you to a specialist agency or counsellor.

FREE courses starting soon:

The Social and Health Education Project (SHEP) are providing a programme *Seasons for Growth: Living with Grief, Loss and Change*. Starting 28th September 2021, 20 hours over 10 weekly sessions.

Non Violent Resistance 'New Authority' Parenting Course. 10 weeks. Thursday mornings 10.30a.m. – 12.00p.m. starting 2nd September 2021.

Both courses will be delivered on Zoom. Contact the Phoenix Centre to book your place.

We believe in altruism in all we do. The altruism of others in our community makes our lives so much happier and it is easier to cope with problems.

Altruism in the form of generosity and kindness is at the heart of our values. It is also the reason that we can provide our services to women. Selfless acts of generosity and thoughtfulness make it possible for the Phoenix centre to remain open.

We have been touched recently by the altruism of supporters and local businesses. Thank you so much.

Whether you can afford €5, €10, €20 or €50 as a one off donation or monthly subscription as a FRIEND, it will allow us to plan for the future.

To set up a monthly subscription pop into your bank/or set up a standing order online: The Account is Kerry Women's Resource Centre IBAN: IE56AIBK93001603474020 Please put your name and FRIEND so we know who to thank and send us an email with your contact details, so we can keep in touch.

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