

National Learning Network

Turas

***A Wellness and Recovery Focused Course,
Enrolling Now at NLN Athlone***



**With All The
Supports You
Need.**

**Work at Your
Own Pace.**

**No CAO Points
Needed.**

Turas is a training course aimed at people who have experienced Mental Health issues. This person-centred and recovery-focused programme helps students build on their personal and social development and work on confidence and well-being. The course promotes recovery through education and personal development. Full and part-time places available.

Contact us today to find out more

Visit: www.nln.ie / Email: emily.garavan@nln.ie

Call Turas at: 0860455518

**Address: NLN Athlone, Belhavel, Golden Island,
Athlone, County Westmeath**



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Turas is designed to provide an opportunity for participants who experience a high level of social and community isolation to develop personal and social skills, make independent choices, explore community, recreational, social and vocational opportunities and to make significant personal, health and social gains.

It offers a structured approach to developing confidence and life-management skills to contribute to individual health and well-being and the opportunity to plan for their future. The course also explores opportunities to work on gaining QQI certification and progress to further training or employment.

Modules Delivered

- *Health & Safety Awareness*
- *Communications*
- *Personal & Interpersonal Skills*
- *Computer Skills*
- *Creative Workshops*
- *Healthy Lifestyles*
- *Career Planning*
- *Self-Advocacy*
- *Community Participation*
- *Work Experience*
- *Induction*
- *Community & Voluntary Networking*
- *Stress Management*
- *Cultural & Leisure Opportunities*
- *Wellness Module*
- *Relaxation Tools*
- *Mental Health Management*

