

Returning to Work: Staying Job Ready

If you are:

- Currently unemployed
- Over 18 years old
- Unemployed for less than 24 months

This programme is for you!

For 8 weeks from May to July 2011 the Department of Occupational Therapy at the University of Limerick is offering weekly 3 hour group sessions designed to help people who are unemployed stay healthy.

Sessions include:

- stress management • time management
- career exploration • job seeking • being part of your community and • job skill development.

To learn more about this programme and the research study, please contact MaryBeth Gallagher at:

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