



*West Cork*  
DEVELOPMENT PARTNERSHIP

*Are you living with  
Anxiety, Depression,  
Mood Disorder,  
Stress, Fear, Lack of  
Focus or Low Self  
Esteem?*

*Aged  
between  
19-29  
years?*

*Living in  
West Cork?  
Isolated or  
Excluded?*

We can help with:  
*Confidence,  
Motivation, Setting  
Goals and Personal  
Development*



Ag tacú le daoine óga  
atá faoi mhíchumas barr  
a gcumais a bhaint amach  
Supporting young people  
with disabilities  
reach their potential

Contact us on:

[ability@wcdp.ie](mailto:ability@wcdp.ie)

023 8834035

[www.wcdp.ie](http://www.wcdp.ie)



*Your Ability  
Building  
Our  
Community*

**Ability  
Programme**



*"Ability is co-financed by the Irish Government and the European Social Fund as part of the ESF Programme for Employability, Inclusion and Learning 2014- 2020*

## Our team can help you to:

- *Explore your own personal skills and interests*
- *Assist you to develop these skills*
- *Support you to access training in your chosen area of interest*
- *Link in with relevant courses and college placements*
- *Enable you to access work experience placements*
- *Facilitate you to have job readiness skills*
- *Support you to develop self-awareness confidence wellness and positive mental health skills*



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## What to expect

Register your interest

Receive call back

Assessment for suitability

Development of Personal  
Action Plan

Support and Action

## Meet the team

**Occupational  
Therapist**

*Danielle: 087  
3848373*

**Personal/ Youth  
Development  
Officers**

*Moira: 087 3324727  
Fern: 087 3955206*

**Youth  
Engagement**

*Jerome: 087 6533407*