

# Horizons Programme:

## *Promoting Independence*



***HORIZONS,  
Promoting Independence:***

Horizons is a programme that provides training, support services and experience of living independently.



**Maeve Mulryan**  
*Horizons Co-ordinator*

Maeve Mulryan is the Coordinator and can support you to get involved with the programme.



The training takes place in Marrsfield Apartments.



You will develop skills to help you live independently such as:



Managing your money  
And  
Digital Skills.



Cooking  
And  
Confidence Building.



Look into future living options  
E.g. living at home , moving  
out, living with friends or  
independently.



For more information:

Email: [horizons@smh.ie](mailto:horizons@smh.ie)