

# Horizons Programme:

## *Promoting Independence*

 <p><b>HORIZONS,</b> <i>Promoting Independence:</i></p>	<p>Horizons is a programme that provides training, support services and experience of living independently.</p>
 <p>Maeve Mulryan <i>Horizons Co-ordinator</i></p>	<p>Maeve Mulryan is the Coordinator and can support you to get involved with the programme.</p>
	<p>The training takes place in Marrsfield Apartments.</p>
	<p>You will develop skills to help you live independently such as:</p>



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:  
  
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