



A SPACE TO LEARN, NOURISH, DISCOVER

Unit 17-19, Tallaght Enterprise Centre, Main
Road , Tallaght, Dublin 24, D24 C668



Programme Prospectus
2020-2021

Our History

Based in Tallaght we have been working with adults with mental health difficulties from South and West county Dublin since 1995.

Over the years we have developed and expanded our training programmes to meet the needs of people and the changing landscape of mental health recovery.

Our services are for people who would benefit from additional support to nurture their mental health on their pathway to wellbeing and work.

What We Do

Threshold Training Network empowers people to take steps to improve the quality of their mental health to give them hope and skills for a better and brighter future.

We uniquely weave mental health recovery into our programmes and workshops and equip our students to move forward in their lives with self-belief and optimism.

Our training programmes and workshops are underpinned by the belief that training and learning, enhance the potential of every person to recover and explore options for their future.

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The story behind our name can be told
in a line:

"When you choose to step over our
threshold, you are giving yourself the
opportunity to learn, nourish and
discover new things about yourself and
the world, that can help you take the
next brave step."

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Our QQI Programmes

*Learn,
Nourish,
Discover*



Part time Pathfinder QQI 3 level Programme

Might this course be for you?

Would you like to explore learning opportunities but are unsure of what you are ready for?

Do you want to rebuild your self-belief, become more optimistic and have mental health difficulties?

Do you have limited focus or concentration but want to look for a new direction?

Do feel you are able for more but want to take steps in a space that feels safe and nourishing?

If you answer 'YES' to at least one of the above we would be delighted to hear from you and tell you more Pathfinder will support you in:

- Building your self-belief and value in yourself
- Developing structure and routine
- Getting a recognised qualification
- Nurturing your well-being and mental health
- Providing a safe space to learn





Part time Pathfinder QQI 3 level Programme

Modules (Semester 1):

Computer Literacy, Personal Effectiveness, Application of Numbers, and Career Preparation

Modules (Semester 2):

Internet Skills, Personal and Interpersonal Skills, Communications, and Work Experience


Other areas include: 1-2-1 Goal Planning, Career Guidance, Meditation, Study Support, Gratitude, Mental Health Recovery Education Workshops, Crafts and Progression Planning

Certification: QQI level 3 Minor and Major Awards

Duration: The semesters start in September and March and will be run in accordance with Public Health guidelines to reduce the spread of COVID-19.

Classes run from 9.15 am to 1.15 pm on Monday, Wednesday and Fridays. You can choose to do one or both semesters. Each semester will give students the opportunity to get four minor QQI Level 3 awards. To register your interest

Contact us anytime throughout the year on 01-4940502 to arrange a visit to get a feel for the Centre and discuss options.



Pathway to Employment QQI Level 4 Programme

Might this course be for you?

Are you planning to get back to work but feel you are lacking in some of the skills to do so?

Are you managing your mental health difficulties and want to build your self-belief, courage, stamina and structure?

Do you feel nearly ready for further education (QQI Level 5+ or above) and/or work?

Pathway to Employment Programme will give you opportunities to:

- Build your confidence and identify your next steps towards further education or employment
- Gain skills for a work environment including communication skills, IT, customer service and problem-solving skills
- Get a recognised qualification
- Nurture your mental health to support yourself for further education/or work.



Pathway to Employment QQI Level 4 Programme

Modules (Semester 1): IT, Personal Effectiveness, Career Planning

Modules (Semester 2): Customer Service, Information Technology, Career Planning

Modules (Semester 3): Functional Maths, Work Experience, Reception Skills

Other areas include: 1-2-1 Goal Planning, a variety of mental health recovery workshops throughout each semester, outings, project work, creative writing, arts and crafts.

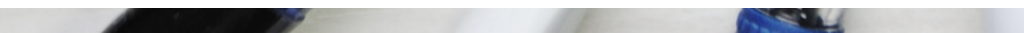
Certification: QQI level 4 Minor and Major Awards

Duration: In accordance with Public Health Guidelines to reduce the spread of Covid-19 for the academic year 2020/2021, the semesters start in September, January and May.

Classes run from 9.15 am to 3.15 pm, Tuesday and Thursday and 9.15am to 1.15pm on Friday. You can choose to do one, two or all semesters. Each semester will give students the opportunity to obtain three minor QQI level 4 awards.

To register your interest: Contact us anytime throughout the year on 01-4940502 or email us at info@thresholdtraining.ie, to arrange a visit, to get a feel for the Centre and discuss options.

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Mental
Health
Recovery
Workshops



Our Mental Health Recovery Philosophy

A Space to Learn, Nourish, Discover

We believe that we are all experts on ourselves. Sometimes that can feel empowering other times it can feel like quite a responsibility. What can help us increase our expertise is knowledge.

Our various mental health recovery workshops offer you opportunities to learn, nourish and discover things about yourself that will increase your self-belief and support you to have better mental health.

As with our education programmes our mental health recovery values are woven throughout the workshops you attend. The mental health recovery schedule of workshops and events is created with input from our students and workshop attendees.

Upcoming
Workshops
September -
October 2020





**Starting on September
25th:**

Introduction to WRAP

This workshop is one hour a week for 7 weeks. The workshop series starting date is September 25th at 11.45 pm-1.00 pm. This series of workshops will introduce you to some of the core principles and tools of WRAP (Wellness Action Recovery Plan).

This introduction will sow the seed for you to begin thinking and creating a day to day plan to support their mental health recovery to improve their overall well-being. If you sign up you are expected to attend all 7 sessions. Our workshop facilitators will have WRAP level 2 training.

To book a place phone Emer (administrative assistant) on 01-494 0502 between 9.30 am and 1 pm Monday to Friday. This workshop series is free of charge.

Workshop capacity is 12 attendees per workshop to allow for social distancing, upon entering the building attendees will be required to adhere to public health guidelines to reduce the risk of the spread of Covid-19.

If you attend all seven workshop sessions you will receive a certificate of attendance. Please note face masks are required for entering and leaving the building.

The workshops will take place at:
Threshold Training
NetworkAddressUnit 17-19, Tallaght
Enterprise Centre, Main Rd,
Tallaght, Dublin 24, Ireland

Dates of workshop:
Week 1: 25th of September
Week 2: 2nd of October
Week 3: 9th of October
Week 4: 16th of October
Week 5: 23rd of October
Week 6: 30th of October



**Starting on September
11th:**

Creative Relaxation

This workshop is one hour a week for 6 weeks. The workshop series starting date is September 11th at 11.45 pm-1.00 pm. This series of workshops will give you the tools to nourish yourself emotionally and to recharge. This course will give you the chance to discover ways to manage your emotions and stress levels through using your creativity. We hope you will leave this course with a 'toolkit' of techniques to help you relax.

If you sign up you are expected to attend all 6 sessions. Our workshop facilitator will have a background in mental health recovery and creative art. To book a place phone Emer (administrative assistant) on 01-494 0502 between 9.30 am and 1 pm Monday to Friday.

This workshop series is free of charge.

Please note face masks are required for entering and leaving the building.

Workshop capacity is 12 attendees per workshop to allow for social distancing, upon entering the building attendees will be required to adhere to public health guidelines to reduce the risk of the spread of Covid-19. If you attend all seven workshop sessions you will receive a certificate of attendance.

The workshops will take place at:
Threshold Training
NetworkAddressUnit 17-19, Tallaght
Enterprise Centre, Main Rd,
Tallaght, Dublin 24, Ireland

Dates of workshop:

Week 1: 11th of September
Week 2: 18th of September
Week 3: 25th of September
Week 4: 2nd of October
Week 5: 9th of October
Week 6: 16th of October



**Starting on September
16th:**

Eating Well, Living Well

This workshop is one hour a week for 6 weeks. The workshop series starting date is September 16th at 1.45pm-2.45pm or September 16th at 3pm-4pm.

This series of workshops will introduce you to the basics of nutrition, meal and menu planning. In this course you will learn how the brain and body works, the science of food and how to make dietary changes that will promote your health and well-being. The facilitator will support you to set small weekly goals to help you to maintain healthy eating into the winter.

If you sign up you are expected to attend all 6 sessions. Our workshop facilitator will have a background nutrition and mental health recovery.

To book a place phone Emer (administrative assistant) on 01-494 0502 between 9.30am and 1pm Monday to Friday. This workshop series is free of charge. Workshop capacity is 12 attendees per workshop to allow for social distancing, upon entering the building attendees will be required to adhere to public health guidelines to reduce the risk of the spread of Covid-19.

If you attend all seven workshop sessions you will receive a certificate of attendance. Please note face masks are required for entering and leaving the building.

The workshops will take place

at: Threshold Training
NetworkAddressUnit 17-19, Tallaght
Enterprise Centre, Main Rd,
Tallaght, Dublin 24, Ireland

Dates of workshop:

Week 1: 16th of September
Week 2: 23rd of September
Week 3: 30th of September
Week 4: 7th of October
Week 5: 14th of October
Week 6: 21st of October

Stay Connected



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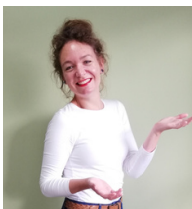
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Thanks for reading!