



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."

”



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

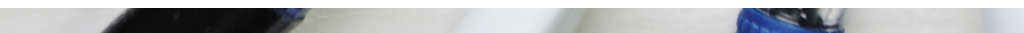
Other areas include: 1-2-1 Goal Planning, a variety of mental health recovery workshops throughout each semester, outings, project work, creative writing, arts and crafts.

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.



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





This mini-workshop series will be posted on our YouTube page every Wednesday at 11am until November 30th.

A Cup of Confidence

'A Cup of Confidence' mini-series will provide you with practical skills for stepping out of your comfort zone and taking the next step in living a more confident life. Too many of us miss out on opportunities in life because we lack self-confidence. Whether it's applying for a job, speaking in front of a group, or asking someone for a date, we may not take the chance because we feel fearful. Our Mental Health Recovery Coordinator Keelin will discuss small ways in which we can improve our relationship with ourselves.

In 'A Cup of Confidence' you will learn:

- Confidence myths and what confidence is
- Discover what confidence means to you
- How to lean into discomfort when challenges arise
- Clarify your core values and use them as your inspiration and motivation
- Using mindfulness to handle anxious thoughts and feelings effectively.

Link to YouTube Page:

[;https://www.youtube.com/channel/UCQrqgRDSJ8mG1HTIM69fFTw](https://www.youtube.com/channel/UCQrqgRDSJ8mG1HTIM69fFTw)

Times: 11am every Wednesday until November 30th. (01) 494 0502



Posted every Tuesday and Thursday on our YouTube channel @2pm.

A Week of Wellness with...

Each week a member of the Threshold Training Network team will share ways in which they keep and stay well. Tune in with a cuppa and find out what wellness tools Emer, Angela, Steven, Alicia and Keelin use to boost their wellbeing in their spare time.

Link to YouTube Page:

<https://www.youtube.com/channel/UCQrqgRDSJ8mGIHTIM69fFTw>

Times: 2pm every Tuesday and Friday until November 30th.

Stay Connected



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Thanks for reading!