

# **JIGSAW**

Jigsaw is the National Centre for mental health.

**It provides a wide range of therapeutic supports and services to young people in Ireland.**

Eoghan MacDomhnaill's talk will address what are the main influencers on our mental health and the importance of One Good Adult in the life of a young person.

**Facilitator:** *Eoghan MacDomhnaill, Service Manager  
Jigsaw*

**Date:** *Wednesday 9th November*

**Time:** *7.30 pm - 9.00 pm.*

**Venue:** *Croi Nua Spirituality Centre, Rosary Lane,  
Taylor's Hill, Galway. (H91 WY2A)*

**Phone:** *087 6683770*

**Email:** *croinuacentre@gmail.com*

**Website:** *www.croinua.com*

**Donation:** *All proceeds to Jigsaw*

*In person and on Zoom. If you would like to join us on Zoom you can get the link by emailing [croinuacentre@gmail.com](mailto:croinuacentre@gmail.com).*