



Volunteering Opportunities

We are always looking for groups to volunteer and help us complete some of the much needed jobs at the Centre. The Cavan Centre will provide food and accommodation and all you have to do is provide your own transport and be prepared for some tough work! So the next time you are at the Centre, ask Johnny, our Volunteer Co-Ordinator, for more information or contact him at: johnny@cavancentre.ie.



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Mandatory Training

The Cavan Centre is currently running a variety of courses which are mandatory training for all organisations. We are running these courses in Dublin, so if you need a trainer to come to your organisation please contact us on 049 8544436 or info@cavancentre.ie

Courses available:
Level 1 –3 First Aid
Manual Handling
Child Protection Training



March Madness

We currently still have some availability for midweek and weekend stays in March. So if you and your group are up for some March madness and would like to find out more on availability, call Celine on 049 8544436

Get on the Bus!!



Here at the Centre we are very aware of the budget restraints on groups and we have noticed that even though groups can pay for the cost of their stay, they are still unable to afford the high cost of transport. With this in mind we are now actively making connections with local bus hire services to get you the best possible price and to keep your cost to a minimum. So if you are having difficulty getting affordable transport, please give us a ring.

Sweet Treat

The Breaking the Cycle programme are now running a Tuck Shop on Friday evenings to cater for groups visiting the Centre that have a sweet tooth and fancy some munchies!



News and Events in your Community

Along with all the news happening from the Cavan Centre, each month we will be featuring news and events happening in your local community. If you have something that you think would be of interest to other groups that use our centre, please contact Celine on Ph: 049 8544436 or celine@cavancentre.ie.

Stress Control Classes

The HSE are running 'Stresscontrol' classes in Connolly House, Marino College (beside the five lamps) starting Wed 22nd Feb from 6.30—7.45pm. There is no cost for the classes. To book a place or request more information call 01 8566418.

Weekly Walking Groups

Dublin City Council weekly walking groups will be taking place throughout February to April. For more info see: www.letswalkandtalk.ie

Tackling Youth Smoking

One day training by HSE Smoking Cessation Specialists for Healthcare workers, youth workers and teachers in direct contact with young people on Thurs 8th March 10am—4.30pm. To book email Debbie.grealish@hse.ie

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