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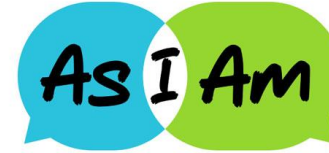


PLANET
Youth®

PARTNER Ireland

JIGSAW
GALWAY

Young people's
health in mind



spunout

ispcc



Dóchas
Midwest Autism Support



FSS an Iarthair agus an Iarthuaiscirt
HSE West and North West





INFORMATION BOOKLET

ABSTRACT

Information on local ASD services, support and entitlements for newly diagnosed families. Written by parents.

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Dyslexia workshop No4 Youth Service

Do you have
dyslexia?



Now what?

No.4 Dyslexia Workshops
Every Tuesday for 4 weeks
Starting the 24th of February until the
24th of March

WHAT YOU WILL LEARN

- Dyslexia Resources
- Dyslexia, you and the world you live in.
- Learning styles- how best can YOU learn.
- How dyslexia can impact your life.

HOW TO SIGN UP?

Speak to a Youth Worker to register
Contact youth workers by phone 091
568483/

085 115 6440 or email
youthservice@no4.ie

- **Drug and Alcohol Family Support** – free, confidential support for family members impacted by substance use
- **Middletown Centre for Autism** - Support the promotion of excellence throughout Northern Ireland and Ireland in the education of autistic children and young people. [Middletown Centre for Autism - Middletown Centre For Autism](#)
- **As I Am** – Ireland's Autism charity www.asiam.ie
- **Jigsaw** - free therapy and expert mental health support to children and young adults in Galway and Roscommon. www.jigsaw.ie
- **HSE Under 18's Addiction Counselling** - drugs.services@hse.ie
- **Mindspace Mayo** - Mindspace Mayo is a free & confidential support for young people aged 12-25. www.mindspacemayo.ie
- **Parentline** Parentline is a national, confidential helpline that offers parents support, information and guidance on all aspects of being a parent and any parenting issues. www.parentline.ie or 01 8733500
- **Discovery and Recovery Colleges** - facilitate workshops on mental health and wellbeing in the local community and in schools. Every workshop is co-produced with young people. www.discoverycollegewest.com
- **WRDATF Parent Hub** – connecting you to information and services on drug and alcohol use in the west of Ireland. [WRDATF | The Parent Hub](#)
- **ISPCC** – www.ispcc.ie
- **Family Resource Centres** – www.familyresource.ie
- **No. 4 Youth Service, Galway city** – www.no4.ie
- **Foróige** – www.foroige.ie
- **Planet Youth**. – www.planetyouth.ie
- **Malie Coyne** – www.maliecoyne.ie
- **Youth Work Ireland Galway** – www.youth.ie
- **Support Me** – www.supportme.ie
- **HSE Parent Matters podcasts** www.drugs.ie/parents