

Are you interested in a programme about women empowering women?

Would you like to feel more confident, meet new friends and develop new skills? Then this is the programme for you



#SELFIE

**SELF ESTEEM LEADERSHIP
FRIENDSHIP INFLUENCE
AND EMPOWERMENT**

NIRWN is offering you the opportunity to engage in a programme with an additional best practice visit and a residential.

We can offer you: fun, social activities, health and wellbeing workshop, inspirational guest speakers, exploration of good relations and leadership skills.

Programme begins week commencing April 20th in both Cookstown and Magherafelt.

**If you are interested please contact Fidelma
T: 02887753389
E: info@nirwn.org**

This project is part of Mid Ulster's PEACE IV Project. A project supported by the European Union's PEACE IV Programme, managed by the Special EU Programmes Body (SEUPB) and match-funded by the Department of Rural and Community Development in Ireland and The Executive Office in Northern Ireland.

*Preference will be given to those living in rural areas

*An expression of interest form does not guarantee you will secure a place on the programme as spaces are limited

Peace 
Northern Ireland - Ireland
European Regional Development Fund

 **nirwn**
Northern Ireland
Rural Women's Network

 Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council