

## **ABOUT THE JOB PLAN PROGRAMME**

Job Plan is a community based rehabilitation programme located within the Ballyfermot Chapelizod Partnership (BCP). The programme runs twice a year for 5 mornings a week for 20 weeks. It offers a quiet and safe space to find structure and routine which allows participants to develop key practical skills at their own pace.

The focus of the Job Plan programme is to increase self-belief for accessing employment, education and further training while addressing substance misuse issues.

In terms of addressing substance misuse, participants learn through group work and one to one work about their use, learn new skills to prevent relapse and to address underlying causes of their substance misuse.

The Job Plan programme is ideally placed in the BCP where participants can easily access the full range of resources, funding and expertise which further increases progression options into training, education and employment.

## **COURSE CONTENT**

- Skills DevelopmentSelf-Care
- RecoveryEducation & Employment

To find out more information or to register for the next programme please contact

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