



Supporting Migrants Wellbeing

OUTREACH TO THE AFRICAN COMMUNITY AND OTHER MIGRANTS:

Drop in Centre

Assistance with various types of application forms

(Education, Health, Social, Justice, Immigration Services, etc)

Information Clinics

Legal: Immigration issues, child protection

Social Welfare: Entitlements, Rules & Regulations

Parental Support Program

Facilitating dialogue to support migrant families in coping with parenting difficulties.

Promoting positive parent/child relations

Mediation

Facilitating common understanding between immigrant families and Service Providers

(Teachers, Social Workers, G.P.s, Solicitors, Psychologists, Psychiatrists, Psychiatric Nurses)

Mental Health Awareness

Workshops:

Incorporating ethnic perspectives on mental health & well being

Creative-Expressive Events:

(e.g. singing, dancing, art, sports etc to support the expression of feelings & thoughts)

Drop-in Centre

Opening Hours: Wednesday & Friday

Morning: 10.00 am - 1.00 pm

Afternoon: 2.00 pm - 3.30 pm

Contact: Dr. Naomi Masheti

Outreach Coordinator

@

089 491 65 76 / 086 824 60 87

naomimasheti@gmail.com

Address: Nano Nagle Place, Evergreen St. (off Barrack St)



Cork Migrant Centre