

WHERE WILL YOUR ABILITIES TAKE YOU?



Dublin South City Ability assists young people aged 18-29 who experience emotional, psychological and mental health challenges to find suitable education, training and employment. It also encourages them to take part in community life.



Ability is co-financed by the Irish Government and the European Social Fund as part of the ESF Programme for Employability, Inclusion and Learning 2014-2020.

DSC Ability Guidance Workers will work with you on a 1:1 basis to



Identify your personal interests and skills and explore future options available



Build confidence through 1:1 mentoring and small group training



Make a plan to work towards your goals and get support to overcome any challenges



Support and advocacy to access suitable education and training



Find volunteering and social opportunities in your community



Job sampling opportunities to experience a variety of work places and tasks



Employment supports including CV preparation, job applications and interview skills



Ongoing support, referrals to relevant support agencies and the option to re-connect with the Ability team for additional supports

Contact us to see if the Ability Programme is for you

Phone: (01) 4732196 or email abilityinfo@dscp.ie

We have offices based in Crumlin, Ballyfermot and the Inner city covering Dublin 2, 4, 6, 6W, 8, 10, 12, 20