

Register your interest

Which course/activity are you interested in?

Your Name

Address

Post code

Phone number

Mobile number

E-mail



Project supported by the
EU Programme
for Peace and Reconciliation



What is RĀFT

Restorative Action Following the Troubles is a voluntary organization, based in Callan Crescent Armagh. We provide individual counseling, personal development courses, training and support services for anyone recovering from the effects of the Northern Ireland Conflict and past or present violence in their lives or in their community.

Project manager Mrs. Kay Nellis
4B Callan Crescent
Armagh
BT 61 7RH
Phone or fax 028 97 526006
Psychotherapist Ms Carol Lamond
Phone 07725056495
E-mail raftprojectni@btinternet.com

What's happening at Raft

- 1:1 Counseling service
- Complementary therapies
- Anger management classes
- Dealing with suicide
- Volunteer training
- Capacity building
- Understanding stress
- Sample Alternative therapy sessions
- Public speaking
- Assertiveness training
- Exploring spirituality
- Cross community women's group
- Justice sector awards
- Principled negotiation skills

Courses available this term

Inner child

What is it: A course exploring how childhood experiences influence our adult life, and the positive results of reconnecting with early emotions. When 10 weeks beginning 22nd January Where Raft centre 4B Callan Crescent Armagh

Capacitor training

What is it: Emotional freedom technique that can be used in a group setting or on a personal individual basis . does not require special equipment, covers a range of best practice techniques such as deep breathing and Reiki .

Accredited course When Tuesdays beginning 23rd January for 10 weeks 10.30 -1pm (12people max) Where Raft centre 4B Callan Crescent Armagh

Get the message

What is it: A personal development programme incorporating assertiveness, stress management, and color therapy.

When Wednesdays 6.30-9.30 where Raft centre 4B Callan Crescent Armagh

Anger management

What is it: understanding the triggers and alternatives to anger. Dealing with personal anger and its detrimental effects on the body, dealing with others who have anger management issues.

When 10am ~~Friday 19th~~ April 12 weeks. where Raft centre 4B Callan Crescent Armagh

1:1 counseling

Day and evening appointments available

Suicide awareness training

For community workers family members and concerned adults

Alternative therapies

for people suffering the effects of trauma, crisis or

loss. when : Thursday mornings and Tuesday

evenings where : RAFT Centre

4B Callan Crescent, Armagh Appointments necessary

Understanding stress

What is it : a one day Mediation Northern Ireland

accredited course in anger management and handling

aggression.

When Thursday 8th of February 9am-5pm

Where Raft centre 4B Callan Crescent Armagh