

# Kildare Youth Project

3PM



Mon  
—Fri

## 12—18yrs Daily Workshop

Every day Monday—Friday, Youth Workers will host an online chat with young people, focussed on helping you get through these tough times.

We will give you some ideas to stay busy and healthy in body and mind. The chats will be on ZOOM app, please PM for Password. Everyone Welcome to Join!!!



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Kildare  
Youth Services  
Youth Work Ireland