

The Social Inclusion and Community Activation Programme (SICAP) 2018-2023 is co-funded by the Government of Ireland, through the Department of Rural and Community Development and the European Union.



Look and feel like your best self

I have money for the things I really enjoy.

I can be a positive example for my family.

I have the freedom to be healthier.

10-week courses for anyone aged Over 18 starting January 2023

Aster FRC, Balbriggan
Monday, 9th January
6pm to 7.30pm

Blakestown CRC
Tuesday, 10th January
6pm to 7.30pm

Holywell Community Centre,
Swords,
Wednesday, 11th January
10am to 11.30am

Online via Zoom
Thursday, 12th January
6pm to 7.30pm

Be supported to quit smoking and/or vaping

WeCanQuit@empower.ie
01 820 9550



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**We Can
QUIT**

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