



TACÚ FAMILY RESOURCE CENTRE, BALLINROBE.

Tacú Family Resource Centre, Glebe Street, Ballinrobe

Tacú Family Resource Centre provides support and services for the local people of Ballinrobe and the surrounding areas.

Contact name: Mary Jackson, Co-ordinator
Address: Glebe Street, Ballinrobe
Times: Monday - Thursday
9.30am - 5.00pm
Friday 9.30am - 4.30pm
Phone number: 094 954 2908

The following services are available from Tacú

Al Anon

Al-anon offers understanding, help and support to families and friends of problem drinkers in a confidential manner.

Meetings take place each Sunday evening at 9.00pm during the Summer and at 8.30pm during the Winter.

AWARE

A support group for people who suffer from anxiety or depression.

Citizens Information Centre

Provide up-to-date information and advice on a wide range of topics such as family issues, health services, housing, disability information, education opportunities, employment rights and training.

Counselling Service

A Referral Counselling service is available from the Centre.

Mayo Cancer Support

Provide support for people suffering from cancer and relations of sufferers. Tuesday 10a.m. - 1p.m.

Mayo Women's Support Services

This service provides support for women in the Mayo area who have experienced violence in the home. Their main purposes are to inform and support, provide safe emergency accommodation, raise public awareness and improve structure, systems and policy

Money Advice and Budgeting Service

MABS: This provides a free and confidential money management and advice services to everyone. Its main purpose is to assist people in dealing with existing debt difficulties and help them to manage their finances.

