



# PERSONAL DEVELOPMENT COURSE

FOR GAY, BISEXUAL AND MEN WHO HAVE SEX WITH MEN AGED 24 AND OLDER

PDC is a six week course (Tuesday evenings) at Outhouse, 105 Capel St. Dublin 1.

**Dates in 2019: 10th September to 15th October**

Come along and join others in a friendly setting to:

- Befriend and Assert your sexuality • Learn new communication skills • Build your confidence •
- Understand your emotions • Enhance your relationships • Improve your health & wellbeing •

For more information or to book your free place,  
email [reception@outhouse.ie](mailto:reception@outhouse.ie) or phone 01-873 4999

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