

## **Threshold Training Network (TTN)** **(<https://www.activelink.ie/node/42975>)**

Threshold Training Network empowers people to take steps to improve the quality of their mental health to give them hope and skills for a better and brighter future. We uniquely weave mental health recovery into our programmes and workshops and equip our students to move forward in their lives with self-belief and optimism. Our training programmes and workshops are underpinned by the belief that training and learning, enhance the potential of every person to recover and explore options for their future.

The story behind our name can be told in a line:

**"When you choose to step over our threshold, you are giving yourself the opportunity to learn, nourish and discover new things about yourself and the world, that can help you take the next brave step."**

### **Contact Info**

#### **Postal address**

Unit 17-19 Tallaght Enterprise Centre, Main Rd, Tallaght Dublin D24YP7K

#### **Phone**

01-4940502 (tel:014940502)

#### **Email**

info@thresholdtraining.ie

#### **Website**

<https://www.thresholdtraining.ie/> (<https://www.thresholdtraining.ie/>)

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