

PIETA HOUSE RESILIENCE ACADEMY

The Resilience Academy offers programmes for secondary school students aimed at equipping them with emotional resilience tools. Here at Gortnor Abbey, we continuously promote positive mental health. We strive to equip our students with the necessary toolkit to enhance their wellbeing and build resilience. The Pieta House 'Resilience Academy' workshops 'Building Resilience' and 'Road to Resilience' have been an invaluable part of our wellbeing journey and we will continue to collaborate with the Resilience Academy into the future.



