A cliff next to a body of water

Description automatically generated with medium confidence

EMPOWERING Asylum Seekers Adapting to Life in Ireland

• Educational Workshops •

A close-up of a fish

Description automatically generated with low confidence

**2. Ask Your Asylum Questions\*\***

with Lucky Khambule (MASI), Susan McKeown and Niloufar Omidi

**• Wednesday 29 March February 8-9:15PM •**

**\*\**Email your anonymous questions in advance to: contact@cualafoundation.com***

**1. Introduction to Irish Culture**

with Susan McKeown

and special guests

**• Wednesday 22 March 8-9:15PM •**

A green sign with white text

Description automatically generated with low confidence

A picture containing tree, ground, outdoor, rock

Description automatically generated

# 3. Wellbeing: How to cope with fear, anxiety, depression, bullying and more with Lucky Khambule, Susan McKeown, Ejiro Ogbevoen, and Niloufar Omidi.

**• Wednesday 5 April 8-9:15PM •**

**A CUALA project supported by the International Protection Integration Fund**

**Text, letter

Description automatically generatedText

Description automatically generated**