



INFORMATION & GUIDANCE

As a learner, you can use the resources of the Adult Education Information and Guidance Service to:

- Research education and career options
- Develop your career management skills
- Plan your next steps

to make the most of your learning, life and work

The **Adult Education & Careers Information Centre** is open:

Wednesday - Thursday

10.00am - 12.30pm (Drop-In)

Appointments available by request

Or

If you would like to speak with someone in your area, phone or text:



Lorraine
087-9377277

Guidance Counsellor
South City



Emma
087-9812056

Guidance Counsellor
**City Centre - St Mary's /
St John's Communities**



Catherine
087-9812020

Guidance Counsellor
North City



Limerick City Adult Education Service

Learning for Life

There are a number of other Guidance Counsellors working with Limerick City Adult Education Service

For:	Contact:
LCAES – In-House BES & UpSkill Solutions	BERNIE FITZGERALD Address: Limerick City Adult Education Service O’Connell Avenue Limerick Tel: 061-445708 E-mail: bernie.fitzgerald@lcaes.ie
LCAES – In-House UpSkill Solutions	Donna Horgan Address: Limerick City Adult Education Service O’Connell Avenue Limerick Tel: 061-445723 E-mail: donna.horgan@lcaes.ie
V.T.O.S.	PAT McINERNEY Address: Limerick City Adult Education College Sexton Street Limerick Tel: 061-419933 E-mail: pat.mcinerney@lcaes.ie
Youthreach – Guidance Counsellor	THERESE O’SHAUGHNESSY Address: Limerick City Adult Education Service O’Connell Avenue Limerick Tel: 061-315358 E-mail: therese.oshaughnessy@lcaes.ie