

The Dublin North, North East Recovery College
in collaboration with Dublin City University invite you to attend

My Home, My Sanctuary Weekly Online Course

Each week participants will explore themes to support us all to remain well while at home over the coming weeks

Facilitators: Bernard Kenny, Marie Mahon & Sean Keating

On this Course, students will explore:

- Letting in the light.
- Keeping in touch.
- How much news is too much news
- A comfortable home environment
- Staying motivating

Course start date: Thursday April 2nd, from 2-3pm

Format: Six weekly hour long sessions

Venue: Online.

Set Up Instructions for Zoom or Phone available on application

To register your interest send an email to:

recoverycollege@dcu.ie or leave a message on [01 7007907](tel:017007907)

My Home, My Sanctuary

