

# THE DUBLIN NORTH, NORTH EAST RECOVERY COLLEGE

North Dublin Area – Spring Courses 2020

## ***Crafts for wellness***

*Personal Development through Artistic Expression.* Enjoy mindful crafting for relaxation in an open space where we explore mental health & wellbeing through different creative mediums in a safe environment.



### **Course benefits:**

- Explore the value of crafting for wellbeing
- Mindfulness through creative action
- Develop skills relevant to a variety of crafts
- Enhance your creativity, focus and imagination

**Dates:** Mondays March 2nd<sup>th</sup> – Apr 6<sup>th</sup>

**Time:** 2.30– 4.30pm

**Venue:** Interfaith Centre, DCU

**Format:** Six weekly, two hour sessions

**To register, contact the Recovery College:**

**Phone-** 01 7007907

**Email-** [recoverycollege@dcu.ie](mailto:recoverycollege@dcu.ie)

**Website-** [www.recoverycollege.ie](http://www.recoverycollege.ie)



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RECOVERY COLLEGE

