

North Dublin Area – Spring Courses 2020

Cultural Exchange

This course explores how we can embrace culture and art as outlets for improved well-being and healing. Enhance your appreciation for the role of music, arts and culture in recovery.



On this course, students will explore:

- How culture and arts can support mental health recovery.
- Therapeutic benefits of art, music and the written word.
- Different forms of culture and arts.
- The concept of culture and its many forms

Dates: Tuesdays March 3rd – Apr 7th

Time: 2.30– 4.30pm

Venue: Recovery College Room, DCU

Format: Six weekly, two hour sessions

To register, contact the Recovery College:

Phone- 01 7007907

Email- recoverycollege@dcu.ie

Website- www.recoverycollege.ie



Dublin North, North East
RECOVERY COLLEGE