

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

The Self-Love Programme

Weekly Online Course

*Providing tools for self care, building gratitude,
improving self-esteem and space to enhance
your compassionate self.*

On this course, students will explore:

Self-love
Self-Care
Compassion
The Value of Gratitude
Self-awareness & Positive Self-talk

Course start date: Monday October 19th, 2 – 3.30

Format: Four weekly 1.5 hour 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 7008887](tel:017008887)

I love me!

