

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*

Facilitators: Helen McSherry, Lianne Kirwan & Martha Griffin

On this course, students will explore:

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

Course start date: Tuesday 31st of March 2020 at 7.30 pm

Format: Six weekly hour long sessions

Venue: Online.

Set Up Instructions for Zoom or Phone available on application

To register send an email to:

martha.griffin@dcu.ie or leave a message on [01 7007861](tel:017007861)

I love me!

