

Louth, Meath Area – Spring Courses 2020

Do Meds Define Me?

This course works to assist participants as they develop their own healthy perspectives on the place of medication in their lives



On this course, participants will explore:

- *Enhancing our Self-Identity*
- *Dealing with Stigma*
- *Healthy Relationships*
- *Taking Credit for success*

Dates: Thursdays March 19thth – Apr 9th

Time: 2-4-m

Venue: DKIT, Nursing Building, Dundalk,

Format: Four Weekly Two Hour Sessions

To register, contact the Recovery College:

Phone- 01 7007907

Email- recoverycollege@dcu.ie

Website- www.recoverycollege.ie

