

## Meath Area – Spring 2020

### Get Connected Through Drama

Get to know your strengths and overcome internal barriers through the creative and fun processes



#### On This Course Participants will:

- Explore social interactions and inhibitions
- Build social confidence
- Develop creative and fun methods of expression
- Use drama and creative play to explore recovery-oriented themes



**Dates:** Wednesday February 19th

**Time:** 11-1

**Venue:** Claremont Stadium, Navan

**Format:** Six two Hour Workshops

**To Register, Contact DNNE Recovery College:**

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

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