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

Thoughts, Feelings, Action

Online Course

Develop personal knowledge around how our thoughts feelings and actions interact and can work to enhance our wellbeing.

On this course, students will explore:

- How our thoughts, feelings and actions inform our wellbeing.
- The benefits of empathy, compassion and acceptance.
- Expressing Emotions effectively
- Dealing with fear and challenging emotions.
- Recovery - what it might look like for you and others.

Course start date: Friday October 9th, 11am – 12.30am
Format: Four weekly 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

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Dublin North, North East
RECOVERY COLLEGE