

THE DUBLIN NORTH, NORTH EAST RECOVERY COLLEGE
in collaboration with The Dundalk Institute of Technology

invites you to attend . . .

Spring Courses 2018

Mindfulness & Compassion

Mindfulness is an innate capacity of the mind to be aware of the present moment in a non-judgmental, compassionate way. It can be developed through systematic training, to promote a way of healthier way of being that helps us take better care of ourselves and others.

Understanding and Renegotiating Trauma in our Lives

This two day workshop is designed to support people to explore the meaning of our normal trauma responses to adverse circumstances in life, and the implications of unresolved and incomplete trauma responses on our lives.

Mindfulness & Compassion

Start Date: Thursday, February 1st , 2-4pm
Format: Eight weekly afternoon sessions

Understanding & Renegotiating Trauma in our Lives

Start: April, dates to be confirmed
Format: two day workshop

Venue: Dundalk Institute of Technology,
Department of Nursing, Midwifery & Health Studies

The Recovery College welcomes everyone with an interest in mental health wellbeing and recovery. For more information about these courses go to:
www.recoverycollege.ie/our-courses



Dublin North, North East
RECOVERY COLLEGE

To register, contact the Recovery College:
phone- 01 7007907
email- recoverycollege@dcu.ie

