

THE DUBLIN NORTH, NORTH EAST RECOVERY COLLEGE

in collaboration with The Louth Meath Education Training Board

Summer Courses 2018

Barriers and Bridges

This six week workshop supports participants to develop their confidence and ability, explore their lifestyle by learning everyday skills and connecting with their community.



Learning outcomes – on completion participants will:

- Understand the role that self-care plays in enhancing our self-esteem
- Understand the importance of and contribution that healthy eating, self care and physical activity can make to wellbeing and recovery.
- Explore relationships with self and others.
- Gain knowledge of community and local amenities

Dates: 24th Apr – 29th May 11.00 -1.00

Venue: LMETB, Abbey Road, Navan, Meath

Format: six weekly two hour session

To register, contact:

phone- 01 7007907

email- recoverycollege@dcu.ie

website- www.recoverycollege.ie



Dublin North, North East
RECOVERY COLLEGE

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

