

THE DUBLIN NORTH, NORTH EAST RECOVERY COLLEGE

in collaboration with The Dundalk Institute of Technology

Summer Courses 2018

Dip Your Toes into Creativity

This six week series is for anyone interested in developing their creative side as a source of expression and healing. These workshops are designed to help lift the mood, increase concentration and spark the imagination



Learning outcomes – on completion participants will:

- Reignite your creativity.
- Explore the benefits of dance based meditation
- Free your innate poet, finding new ways to express yourself
- Reconnect with the power of play through various creative mediums.
- Reduce anxiety and increase self esteem by having fun.

Dates: Thursday May 10th – June 14th

Venue: DKIT, Dept. of Nursing, Midwifery & Health Studies

Format: Six Weekly Afternoon Sessions

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

