

THE DUBLIN NORTH, NORTH EAST RECOVERY COLLEGE  
in collaboration with Dublin City University  
**Summer Courses 2018**

**Know yourself, your triggers  
and your tools.**

This six week workshop supports participants to explore themselves, their triggers and learn tools to problem solve those problems.



**Learning outcomes** – on completion participants will:

- Develop an awareness of self and explore self belief & self worth and what could inform this.
- Explore triggers: recognise warning signs and how to work with them.
- Have an awareness of problem solving, creative coping skills and develop some resilience tools
- Explore assertiveness, self-advocacy and the power of being heard.

**Dates:** 25<sup>th</sup> Apr – 30<sup>h</sup> May 11.00 -1.00

**Venue:** Recovery College Room, Healthy Living Centre, DCU School of Nursing.

**Format:** Six weekly two hour sessions

**To register, contact:**

**phone-** 01 7007907

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

**website-** [www.recoverycollege.ie](http://www.recoverycollege.ie)



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](http://www.recoverycollege.ie/our-courses)

