

THE DUBLIN NORTH, NORTH EAST RECOVERY COLLEGE

in collaboration with

Dundalk Institute of Technology & the Louth Meath Education Training Board

invites you to attend . . .

North Dublin Courses 2018

Autumn Course Schedule:

'Act The Maggot'

- **Course starts:** Monday September 10th
- **Venue:** Fairview Parish Hall, Philipsburg Avenue, Dublin 3
- **Format:** Eight weekly two hour sessions

'Make Meetings Matter'

- **Course starts:** Tuesday October 9th
- **Venue:** Recovery College Room, DCU, School of Nursing & Human Sciences
- **Format:** Four Weekly two hour session

'Thoughts, Feelings & Actions'

- **Course starts:** Monday October 22nd
- **Venue:** Recovery College Room, DCU, School of Nursing & Human Sciences
- **Format:** Eight Weekly two hour sessions

'What I know now'

- **Course starts:** Wednesday 24th
- **Venue:** Recovery College Room, DCU School of Nursing & Human Sciences
- **Format:** Eight weekly two hour sessions & one half day of practice

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

To register, contact the Recovery College:

phone- 01 7007907

email- recoverycollege@dcu.ie

website- www.recoverycollege.ie



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