

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

invites you to attend . . .

Autumn Courses 2018

Thoughts, Feelings, Actions

Develop personal knowledge around how our thoughts feelings and actions interact and can work to enhance our wellbeing. This course will explore the benefits of bringing more empathy, compassion and understanding into our lives.



On this course, students will explore:

- *How our thoughts, feelings and actions inform our wellbeing.*
- *The benefits of empathy, compassion and acceptance.*
- *Expressing Emotions effectively*
- *Dealing with fear and challenging emotions.*
- *Recovery - what it might look like for you and others .*

Course Start Date Monday October 22nd:

Format: Eight weekly sessions (2-4pm)

Venue: Recovery College Room, DCU School of Nursing and Human Sciences

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



Dublin North, North East
RECOVERY COLLEGE

