

THE DUBLIN NORTH, NORTH EAST RECOVERY COLLEGE

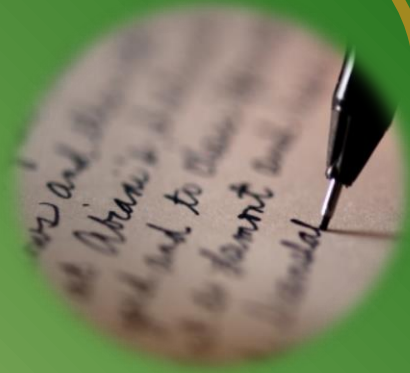
in collaboration with **Silver Thread.** | *Invites you to attend . . .*

What I Know Now

(We believe in the power of stories)

Have you a story to tell? Maybe you have many.

Stories as testimony of your life experiences, writing for yourself, reflecting on paths you took. In any case, starting to write your story can seem daunting, yet with guidance and support, it can become an enjoyable, healing experience.



This course will enable students to:

- Reflect on writing about life events and memories
- Create timelines and start writing autobiographical stories
- Share their stories with others
- Receive creative feedback.

Course start Date: Wednesday October 24th

Format: 8 weekly two hour sessions

Venue: Recovery College, 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



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