

Invites you to attend
Spring Courses 2019

Infected with Happiness through Art

We all want to be happy, and there are countless ideas about what happiness is. This course provides students with fun, creative ways to nurture more positive and happy outlooks on life.

On this course, students will explore:

- Explore what happiness means personally.
- Develop creatively to support feeling good.
- Find your sense of fun and allow yourself to laugh.
- Developing connectivity and engage with others.



Course start date: Thursday March 14th (2-4pm)

Format: six weekly afternoon sessions

Venue: Recovery College, Trim Resource Centre, Meath



Dublin North, North East
RECOVERY COLLEGE

To register, contact the Recovery College:

phone- 01 7007907

email- recoverycollege@dcu.ie

website- www.recoverycollege.ie

