

THE DUBLIN NORTH, NORTH EAST RECOVERY COLLEGE
in collaboration with Louth, Meath Education Training Board

invites you to attend . . .

Spring Courses 2019

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 brining 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: Wednesday February 13th (2-4pm)

Format: six weekly afternoon sessions

Venue: Recovery College, Kells 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