

THE DUBLIN NORTH, NORTH EAST RECOVERY COLLEGE
in collaboration with Dundalk Institute of Technology &
Silver Thread. | *Invites you to attend . . .*
Spring Courses 2019

What I Know Now

(We believe in the power of stories)

Have you a story to tell? Maybe you have many. 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 February 20th (2-4pm)

Format: six weekly afternoon sessions

Venue: DKIT, Dept. of Nursing, Midwifery and Health Studies



Dublin North, North East
RECOVERY COLLEGE

To register, contact the Recovery College:
phone- 01 7007907
email- recoverycollege@dcu.ie
website- www.recoverycollege.ie

