

Louth Area - Summer Courses

Is it Me or the Meds?

This course aims to assist participants as they develop their own healthy perspectives on the place of medication in their lives.



On this course, students will explore:

- *Celebrating different aspects of self*
- *Enhancing our Self-Identity*
- *Dealing with Stigma*
- *Healthy Relationships*
- *Taking Credit for success*

Course start date: Friday May 10th (11am-1pm)

Format: Six weekly morning sessions

Venue: Dundalk Insitute of Technology

Department of Nursing, Midwifery and Health Studies

To register, contact the Recovery College:

phone- 01 7007907

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