

## North Dublin Area - Summer Courses

### Self-love Programme

*Giving people the tools to build a daily gratitude and self-care practice, improve their self-esteem and help build on their compassionate self.*



#### On this course, students will explore:

- *Developing Self-love*
- *The importance of Compassion*
- *Working with the inner critic*
- *The Value of Gratitude*
- *Self-awareness and Positive Self-talk*

**Course start date: Tuesday June 4th (2-4pm)**

**Format: Six weekly afternoon sessions**

**Venue: Fingal Adult Education Services  
Sarfield House, Millstreet, Balbriggan**



Dublin North, North East  
**RECOVERY COLLEGE**

**To register, contact the Recovery College:**

**phone- 01 7007907**

**email- [recoverycollege@dcu.ie](mailto:recoverycollege@dcu.ie)**

**website- [www.recoverycollege.ie](http://www.recoverycollege.ie)**

