



Join our growing Community. First Step is visiting our website, www.recoverycollege.ie.

Where We Are

Louth, Meath, North Dublin



Dublin North, North East Recovery College



On our website you can

- Find out how we work
- See Course Information
- Sign Up for Courses
- Read Our Blog
- Subscribe to our Newsletter

Our Locations include:

- Recovery College Room, DCU, School of Nursing, Dublin 9
- DKIT Dept. of Nursing, Midwifery and Health, Dundalk
- Navan Enterprise Centre, Meath
- Fingal Adult Education Services, Balbriggan
- Louth Meath Education Training Board
- Participating Family Resource Centres
- Red Door Project, Drogheda
- Drogheda Institute of Further Education

Also check us out on Social Media



Contact Us

Dublin North, North East Recovery College

Phone: (01) 700 7907

Louth

(042) 937 0200 Ext 2727

Meath

085 192 0150

E-mail: recoverycollege@dcu.ie

Website: www.recoverycollege.ie



The Dublin North, North East Recovery College provides transformative mental health recovery education programmes to adults and young people throughout the North Dublin, Louth and Meath areas.

Launched in October 2016 with the progressive aim of creating an inclusive culture of recovery education within the community, by August 2018 the college established education and community development programming throughout three counties.

Our courses change regularly and are decided by the students during the student forum. The Following are samples of this terms courses:

Self Love Programme

Understanding and Renegotiating Trauma in our Lives

Mindfulness and Compassion

Get Yourself Connected Through Drama

Song Creation Collective

Facilitation Skills Training

Adult Education

The DNNE Recovery College takes a partnership approach to deliver our cooperative learning programmes throughout a host of educational and community sites. Working to achieve an inclusive culture of mental health recovery in the community, our programme design and delivery includes as many stakeholders as meaningfully possible.



Youth Education

To meet the explicit need in our community for preventative non-formal youth mental health education, that is designed both with and for young people, DNNE Recovery College developed an eight-week youth programme entitled Mental Health Champions.



Community Development

In working to develop an inclusive culture of mental health recovery in the community, DNNE Recovery College takes a community development approach supporting people to engage in meaningful ways beyond the primary scope of course participation.

Our Community Initiatives Include:

North Dublin Triologue



In Triologue we come together, sit in a circle and talk together – but most importantly we listen together. The hope is to share, to gain insight and to learn from each other and with each other. If you have an interest in mental health, your own, that of a friend or a family member, or of the wider society we all live in, or work in the field of mental health then you might be interested.

Student Led Open Days

Our students have been involved in Open Days, such as the Winter Well-Being day, which was a great success and provided everyone with an insight into the recovery college courses with discussions and taster sessions from the courses provided.

