

# THE DUBLIN NORTH, NORTH EAST RECOVERY COLLEGE

## Louth, Meath Area - Spring Schedule 2020:

### **‘Do my meds Define Me’**

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

**Format & Venue:** Six weekly two hour sessions @ DKIT, Louth

**Start Date & Time:** Thursday February 27<sup>th</sup>, 2 – 4PM

### **‘Lessons of Unmodesty – Gaining Confidence’**

*Explores how we can develop self-confidence, enhance Self belief, move beyond comfort zones and recognise triggers for low self-esteem*

**Format & Venue:** Six weekly Two Hour Session @ Trim FRC, Meath

**Start Date & Time:** Wednesday March 4<sup>th</sup>, 11AM – 1PM

### **‘Understanding & Renegotiating Trauma in our Lives’**

*Explore the meaning of normal trauma responses to adverse circumstances in life*

**Format:** Two Full Day Workshop @ DKIT

**Dates & Time:** Tue 7<sup>th</sup>, Wed 8<sup>th</sup> April, 10AM – 4PM

### **‘Get Yourself Connected Through Drama.’**

**Format:** Six weekly two hour sessions plus one cultural adventure

**Venue:** Claremont Stadium

**Start Date & Time:** To be Confirmed

**For additional course information Contact us in the New Year!**



**To Register: Contact DNNE Recovery College:**

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