

The Dublin North, North East Recovery College  
in collaboration with Dublin City University invite you to attend

## Crafts & Creativity For Wellness

### Weekly Online Course

Enjoy mindful crafting and creativity for relaxation in an open space where we explore mental health & wellbeing through different creative mediums in a safe environment

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

- The value of crafting for wellbeing
- Mindfulness through creative action
- Develop skills relevant to a variety of crafts.
- Enhance your creativity, focus and imagination



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### Weekly Online Course



**Course start date:** Tuesday November 3<sup>rd</sup> @ 2pm

**Format:** Six weekly 1.5 hour sessions

**Venue:** Online.

**Set Up Instructions** for Zoom or Phone available on application

**To Apply contact DNNE Recovery College @:**

[recoverycollege@dcu.ie](mailto:recoverycollege@dcu.ie) or phone 017007907