

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

My Home, My Sanctuary

Weekly Online Course

Each week participants will explore themes to support us all to remain well while at home over the coming weeks

On this Course, students will explore:

- Letting in the light.
- Keeping in touch.
- How much news is too much news
- A comfortable home environment
- Staying motivating

Course start date: Monday November 2nd, from 11am-12.30 pm

Format: Four weekly 1.5 hour long sessions

Venue: Online.

Set Up Instructions for Zoom or Phone available on application

To apply send an email to:

recoverycollege@dcu.ie or leave a message on [01 7008887](tel:017008887)

My Home, My Sanctuary



Dublin North, North East
RECOVERY COLLEGE