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

Understanding Stigma and Dealing with Discrimination

Weekly Online Course

How respond to stigma is an important part of mental Health Recovery, this workshop explores how prejudicial views and any limiting self imposed attitudes can be challenged.

On this Course, students will explore:

- Overcoming self stigma
- Different contexts where stigma occurs
- Responding to prejudice
- How does stigma take shape
- Space for healthy self expression

Course start date: Thursday June October 22nd, from 11am-12.30 pm
Format: Four 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 or leave a message on 01 7008887

Dublin North, North East
RECOVERY COLLEGE