



**DUBLIN NORTH, NORTH EAST
RECOVERY COLLEGE**



HEARING VOICES COURSE

This is a 4 week course that will run from 6th November - 27th November every Wednesday from 2.00pm - 4.00pm. We aim to help participants develop an understanding of the experience of Voice Hearing and helpful responses to it. This course will be co-facilitated by Mary and Conor.

In this course, students will explore what it is like to hear voices that no one else hears, why people hear voices, and understand the purpose that voices play in people's lives, developing an understanding of coping strategies and develop ways of working with voices

Venue: Recovery College Room, DCU, School of Nursing,
Psychotherapy and Community Health

Course Fee: €10 for entire course

**To register your interest,
email: recoverycollege@dcu.ie**

Visit: www.recoverycollege.ie

call 085 1847044

