

THE DUBLIN NORTH, NORTH EAST RECOVERY COLLEGE
in collaboration with The Dundalk Institute of Technology

invites you to attend . . .

Spring Courses 2018

Mindfulness & Compassion

Develop an in-depth personal experience of mindfulness and compassion based practices and build the foundations of a sustained personal practice, with a view to applying this in your life.



Mindfulness & Compassion

Course starts: Thursday February 8th
Format: Eight weekly afternoon sessions

Venue: Dundalk Institute of Technology,
Department of Nursing, Midwifery & Health Studies
Further details available on application

The Recovery College welcomes everyone with an interest in mental health wellbeing and recovery. For more information about these courses go to:
www.recoverycollege.ie/our-courses



Dublin North, North East
RECOVERY COLLEGE

To register, contact the Recovery College:

phone- 01 7007907

email- recoverycollege@dcu.ie

website- www.recoverycollege.ie

