

# THE DUBLIN NORTH, NORTH EAST RECOVERY COLLEGE

in collaboration with The Louth Meath Education Training Board

## Summer Courses 2018

### Barriers and Bridges

This six week workshop supports participants to develop their confidence and ability, explore their lifestyle by learning everyday skills and connecting with their community.



**Learning outcomes** – on completion participants will:

- Understand the role that self-care plays in enhancing our self-esteem
- Understand the importance of and contribution that healthy eating, self care and physical activity can make to wellbeing and recovery.
- Explore relationships with self and others.
- Gain knowledge of community and local amenities

**Dates:** 24th Apr – 29th May 11.00 -1.00

**Venue:** LMETB, Abbey Road, Navan, Meath

**Format:** six weekly two hour session

**To register, contact:**

**phone-** 01 7007907

**email-** [recoverycollege@dcu.ie](mailto:recoverycollege@dcu.ie)

**website-** [www.recoverycollege.ie](http://www.recoverycollege.ie)



Dublin North, North East  
**RECOVERY COLLEGE**

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](http://www.recoverycollege.ie/our-courses)

