

THE DUBLIN NORTH, NORTH EAST RECOVERY COLLEGE
in collaboration with Dublin City University
Summer Courses 2018

**Know yourself, your triggers
and your tools.**

This six week workshop supports participants to explore themselves, their triggers and learn tools to problem solve those problems.



Learning outcomes – on completion participants will:

- Develop an awareness of self and explore self belief & self worth and what could inform this.
- Explore triggers: recognise warning signs and how to work with them.
- Have an awareness of problem solving, creative coping skills and develop some resilience tools
- Explore assertiveness, self-advocacy and the power of being heard.

Dates: 25th Apr – 30^h May 11.00 -1.00

Venue: Recovery College Room, Healthy Living Centre, DCU School of Nursing.

Format: Six weekly two hour sessions

To register, contact:

phone- 01 7007907

email- recoverycollege@dcu.ie

website- www.recoverycollege.ie



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

