

North Dublin Area - Summer Courses

Self-love Programme

Giving people the tools to build a daily gratitude and self-care practice, improve their self-esteem and help build on their compassionate self.



On this course, students will explore:

- *Developing Self-love*
- *The importance of Compassion*
- *Working with the inner critic*
- *The Value of Gratitude*
- *Self-awareness and Positive Self-talk*

Course start date: Tuesday June 4th (2-4pm)

Format: Six weekly afternoon sessions

**Venue: Fingal Adult Education Services
Sarfield House, Millstreet, Balbriggan**



Dublin North, North East
RECOVERY COLLEGE

To register, contact the Recovery College:

phone- 01 7007907

email- recoverycollege@dcu.ie

website- www.recoverycollege.ie

