

## THE DUBLIN NORTH, NORTH EAST RECOVERY COLLEGE

In collaboration with the Louth/Meath Mental Health Services *invites you to attend . . .*

# Summer/Spring Courses 2017

## *Get Yourself Connected Through Drama.*

Get to know your own strengths,  
learn to express yourself freely  
through creative, fun and energetic  
workshops



### Course benefits:

- *The fun of drama for it's own sake!*
- *An opportunity to Explore and move beyond inhibitions*
- *The sense of connection & participation with a creative group*

**Start Date/Time:** Wednesday, May 3rd, 2-4pm

**Format:** Eight weekly afternoon sessions

**Location:** LMETB, ABBEY ROAD, NAVAN

*Numbers for this course will be limited. 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)

**To register, contact the Recovery College:**

**phone-** 01 7008887

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

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



Dublin North, North East  
**RECOVERY COLLEGE**

