

## Loreto Centre Crumlin

### COURSES

Places on all low cost courses will be allocated on a first come, first served basis. 40% of places will be reserved for new applicants. If these places are not filled by the 13th January 2020 the places will be offered to repeat learners.

**Closing date for receipt of applications: 13th January 2020**

A non-refundable registration fee attached to your application form is required to secure you a course place. Available places are assigned on payment of registration fee of €10.

### COUNSELLING/THERAPY

Low cost counselling is available on request. Concessions are available on a sliding scale.

For a counselling appointment, or further information please contact:

**Anca/Karen at Loreto Centre  
01-4541078**

[admin@loretocentrecrumlin.ie](mailto:admin@loretocentrecrumlin.ie)



Loreto Sisters



Past-Pupils-Union

## Loreto Centre Crumlin Road Spring Programme 2020



Telephone 01-4541078

[admin@loretocentrecrumlin.ie](mailto:admin@loretocentrecrumlin.ie)

[www.loretocentrecrumlin.ie](http://www.loretocentrecrumlin.ie)

Registered Charity: Loreto Centre

Reg No 20042011, CHY No 13464

## The Loreto Centre

The Centre was established in January '98 to meet the needs of people in the local community, by providing opportunities for human growth and community development, through Adult Community Education and Psychotherapy/Counselling.

The Centre aims to help people realise their own self-worth and potential and to develop resources for more creative and effective living. Our approach aims to be holistic, educational and empowering. We seek to provide a friendly, safe, supportive and challenging environment for all who come to the Centre. Some of the classes are taking place in the CDETБ courtesy of Ms Liz O'Sullivan AEO.

## The CDETБ Captains Road, Crumlin

The CDETБ Adult Education Service runs classes and courses from its premises in Captain's Road. The classes are open to all adults in the community who want to return to learning; continue their education; improve their English; learn to use a computer; take up a new hobby; learn to relax etc. All our courses are part time and flexible.

The teachers have an excellent track record of delivering high quality educational opportunities for adults in a relaxed and informal atmosphere.

**Contact: CDETБ Captains Road,  
Crumlin Dublin 12.  
Phone: 01 -7090250**

## CLASSES BEING HELD IN THE LORETO CENTRE CRUMLIN ROAD, DUBLIN 12

Jan 20th to Mar 30th **HORTICULTURE (10 weeks)**  
Gain basic skills in horticulture.  
This course will increase your knowledge on plant care and identification plus much more. **Day: Monday  
Time: 10am-12pm**

Jan 21st to Apr 7th **FLOWER ARRANGING (10 weeks)**  
**Day: Tuesday, Time: 10am-12pm**

Jan 21st to Apr 7th **MEANING & PERSONAL DEVELOPMENT (NEW) (10 weeks)**  
This course builds on the course in Personal Development presented before Christmas. In it we will consider how developing a personal approach to the meaning of life can contribute to personal development in terms of mental health and well-being. This course can be taken as a "follow on" to the pre Christmas course or a stand alone course.

**Day: Tuesday, Time: 10am-12.00pm**

Jan 22nd to April 1st **ART (10 weeks)**  
**Day: Wednesday,  
Time: 10am-12pm**

**We are now taking names for the Introduction to Women, Gender & Social Justice Programme 2020**

Jan 23rd  
To  
April 2nd

## MINDFULNESS FOR EVERYONE (10 weeks)

Whether you are a beginner or familiar with mindfulness practice, this course is for you. Mindfulness helps us come into the present moment which slows us down in a busy world. You may just want a quiet meditation hour or to build regular practice into your daily life. It's up to you. **Day: Thursday  
Time: 11.30am-12.30pm**

## CLASSES BEING HELD IN THE CDETБ CAPTAINS ROAD CRUMLIN, DUBLIN 12

Jan 20th to Mar 30th **TAI CHI (10 weeks)**  
This course offers approaches including relaxation techniques, meditation, tai chi and chi kung.  
**Day: Monday,  
Time: 10am-11.30am**

Jan 21st to Apr 7th **YOGA (10 weeks)**  
This course will include stretching, balancing and relaxation for total well-being.  
**Day: Tuesday,  
Time: 10.15am-11.30am  
11.30am-12.45pm**

**For further information visit our website:  
[www.loretocentrecrumlin.ie](http://www.loretocentrecrumlin.ie)**