

## **Loreto Centre Crumlin Spring Programme 2021**

Jan 18th **HORTICULTURE (10 Weeks)**

Mar 29th Gain basic skills in horticulture. This course will increase your knowledge on plant care and identification plus much more.

**Day: Monday, Time: 10.00am – 12.00am**

Jan 18th **TAI-CHI—RELAXATION (10 Weeks)**

Mar 29th **Day: Monday, Time: 10.00am–11.30am**

Jan 19th **MEANING & PERSONAL DEVELOPMENT (10 Weeks) (NEW Online)**

Mar 30th Have you ever wondered about your personality and the role it plays in who you are and how you are? Why not come along and learn more about Your personality and how it affects your personal development.

**Day: Tuesday, Time: 10.00am-12.00pm**

Jan 20th **ART (10 Weeks)**

Mar 31st **Day: Wednesday, Time: 10.00-12.00pm**

**Due to Covid 19 Restrictions  
We can only take six learners on courses  
taking place in the Loreto Centre**

**We are now taking names for the Introduction to Women, Gender &  
Social Justice Course 2021** (starting date to be decided)

### **COUNSELLING/THERAPY**

Low cost counselling is available on request. Concessions are available on a sliding scale. Booking for courses or further information contact Anca or Karen at 01-4541078. For a full description of our courses visit our website: [www.loretocentrecrumlin.ie](http://www.loretocentrecrumlin.ie)