

## 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 2023, the places will be offered to repeat learners.

**Closing date for receipt of applications: 13th January 2023**

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:

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

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



**CDET B**

Bord Oideachais agus Oiliúnaíochtaí Bhaile Átha Cliath  
City of Dublin Education and Training Board



Loreto Sisters



Dublin  
South City  
Partnership

**TÚSLA**

An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency



Dublin City Council  
Comhairle Cathrach Bhaile Átha Cliath



Past-Pupils-Union

## Loreto Centre Crumlin Road Spring Programme 2023



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 1998 to meet the needs of people in the local community, by providing opportunities for human growth and community development, through Adult Community Education and Counselling/Psychotherapy.

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. All our courses are part time and flexible.

The tutors have an excellent track record of delivering high quality educational opportunities for adults in a relaxed and informal atmosphere. Most of our tutors are provided by CDET.B.

## The CDET.B Captains Road, Crumlin

The CDET.B 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.

**Contact: CDET.B Captain's Road,  
Crumlin, Dublin 12  
Phone: 01 -7090250**

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

Jan 16th  
to  
Mar 27th

**GARDENING/RECYCLING (9 weeks)**  
Gain basic skills in gardening. This course will increase your knowledge on plant care and identification plus much more.  
**Day: Monday Time: 10am-12pm**

Jan 16th  
to  
Mar 27th

**TAI CHI FOR HEALTH AND RELAXATION (9 weeks)**  
Tai Chi with its slow, gentle movements, is an excellent way of promoting physical and mental wellbeing. Suitable for people of all ages and abilities.  
**Day: Monday Time: 10am-11.30am**

Jan 17th  
to  
Mar 28th

**CROCHET (10 weeks)**  
We would like to welcome you to the Well-Being Programme with the craft of Crocheting. Crocheting has been found to be therapeutic and to calm the nerves from anxiety and stress; a great craft for everyone to learn.  
**Day: Tuesday Time: 10.am-12.00pm**

Jan 10th  
to  
Dec

**CERTIFICATE IN WOMEN GENDER AND SOCIAL JUSTICE UCD OUTREACH PROGRAMME (12 months)**  
The Women, Gender & Social Justice takes in a dynamic and engaging learning environment where learners are encouraged to engage in discussions and debate on social justice over 4 modules from Jan to Dec. The format is online combined with face to face tutorials and campus training. \* Prior registration with the Centre is required.  
**Day: Tuesday Time: 10am-12.30pm**

Jan 18th  
to  
Mar 29th

**MINDFULNESS MEDITATION (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..  
**Day: Wednesday  
Time: 10am-12.00pm**

Jan 18th  
to  
Mar 29th

**VISUAL ARTS AND CRAFTS (10 weeks)**  
The aim of the classes is to help you explore your creative potential and develop your artistic skills. We will be looking at different methods and techniques, with the emphasis on enjoyment.  
**Day: Wednesday  
Time: 9.30am-11.30am**

Jan 20th  
to  
Mar 31st

**YOGA (9 weeks)**  
This course will include stretching, balancing and relaxation for total well-being. All welcome.  
**Day: Friday  
Time: 11.am-12.00pm**