

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 27th March 2024, the places will be offered to repeat learners.

Closing date for receipt of applications: 27th March 2024

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 01-4541078
admin@loretocentrecrumlin.ie



Loreto Sisters



Past-Pupils-Union



Loreto Centre Crumlin Road Summer Programme 2024



Telephone 01-4541078

admin@loretocentrecrumlin.ie

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

April 8th
to
June 24th

SUSTAINABLE GARDENING (10 weeks)

Sustainable Gardening will include design tips, composting, organic approach, native plants, a look at climate change and its impact on the garden **Day: Monday Time:10am-12pm**

April 8th
to
June 24th

TAI CHI FOR HEALTH AND RELAXATION (10 weeks)

Tai Chi with its slow, gentle movements, is an excellent way of promoting physical and mental wellbeing.
Day: Monday Time: 10am-11.30am

April 9th
to
June 11th

KNITTING FOR BEGINNERS (10 weeks)

Are you curious about learning how to knit or do you just want to hang out with likeminded people? We will be learning knit stitch, and purl stitch, we will be knitting things like headband, scarves etc in 10 weeks . It is fun knitting .
Day: Tuesday Time:10am-12pm

April 9th
to
May 28th

INTRODUCTION TO WOMEN, GENDER & SOCIAL JUSTICE (8 weeks)

The Introduction to Women, Gender & Social Justice takes in a dynamic and engaging learning environment where learners are encouraged to engage in discussion and debate and all opinions and voices are welcome. We will draw on feminist theories to deepen our understanding of how gender inequality

impacts on women's lives and how we can address it.

**Day: Tuesday
Time:10am-12.30pm**

April 9th
to
June 11th

STITCH & SKETCH (10 weeks)

In this textile art course, we will make small fabric collages using recycled fabrics and simple embroidery stitches. All welcome
**Day: Tuesday
Time: 6.30pm-8.45pm**

April 10th
to
June 12th

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 busy world.

**Day: Wednesday
Time:10am-12pm**

April 11th
to
June 14th

YOGA (10 weeks)

This course will include stretching, balancing and relaxation for total well-being. All welcome.

**Day: Friday
Time: 11am-12pm**

We are now taking names for the Certificate in Women, Gender & Social Justice September 2024