

## 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 10th of September 2024, the places will be offered to repeat learners.

### Closing date for receipt of applications: 10th September 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. The balance is due on or before the first session.

### 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**



**CDET B**

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



Loreto Sisters

  
Dublin City Council  
Comhairle Cathrach Bhaile Átha Cliath



Past-Pupils-Union

**TUSLA**

An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency

## Loreto Centre Crumlin Road Autumn 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

- Sept 16th to Dec 9th **SUSTAINABLE GARDENING (12 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**
- Sept 16th to Dec 9th **TAI CHI FOR HEALTH AND RELAXATION (12 weeks)**  
Tai Chi with its slow, gentle movements, is an excellent way of promoting physical and mental wellbeing. **Day: Monday Time: 10am-11.30am**
- Sept 17th to Dec 10th **BUSY HANDS PEACEFUL MINDS NEW (12 weeks)**  
Knitting, Macramé for relaxation . Unwind, relieve stress and get creative. **Day: Tuesday Time:10am-12pm**
- Sept 10th to April 2025 **UCD CERTIFICATE IN WOMEN, GENDER & SOCIAL JUSTICE (4modules)**  
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 Sep to April. The format is online lectures combined with face to face tutorials and UCD campus training. \* Prior registration with the Centre is required. **Day: Tuesday & Thursday Time: 10am-12.30pm**

- Oct 1st to Nov 26th **MINDFUL SELF COMPASSION NEW (8 weeks)**  
Cultivate self-kindness and motional resilience through guided meditations, experiential exercises, and group discussions. Learn to manage stress and build a compassionate inner dialogue in a supportive environment. Sign up today to transform your relationship with yourself!  
**Day: Tuesday Time: 7pm-9pm**
- Sept 17th to Dec 10th **WELLBEING NEW (12 weeks)**  
This course will cover, Introduction to self-care and beauty, Growth - mindset, embracing challenges. Health and Nutrition. Fitness and goal setting. Relaxation techniques. **Day: Tuesday Time:10am-12pm**
- Sept 18th to Dec 11th **MINDFULNESS MEDITATION (12 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**
- Sept 20th to Dec 13th **YOGA (12 weeks)**  
This course will include stretching, balancing and relaxation for total well-being. All welcome. **Day: Friday Time: 11am-12pm**

Loreto Centre Crumlin offers low cost counselling and psychotherapy. If you need support and a safe space to talk about your journey, you can contact us at 01-4541078.

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