

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 1st September 2023, the places will be offered to repeat learners.

Closing date for receipt of applications: 8th Sept 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



CDET B

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



Loreto Sisters



Dublin City Council
Comhairle Cathrach Bhaile Átha Cliath

TÚSLA

An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency



Past-Pupils-Union

Loreto Centre Crumlin Road Autumn Programme 2023



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 18th
to
Nov 27th

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**

Sept 18th
to
Nov 27th

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

Sept 19th
to
Nov 28th

KNITTING & CROCHETING 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 . Crocheting is also fun you can make blankets, skirts etc from granny squares or even make soft toys called Amigurumis. It is fun knitting and crocheting
Day: Tuesday Time:10am-12pm

Sept
to
Dec

CERTIFICATE IN WOMEN (Full) GENDER AND SOCIAL JUSTICE UCD OUTREACH PROGRAMME

We are now taking names for
Women, Gender & Social Justice

Sept 19th
to
Nov 28th

DRAMA FOR FUN (10 weeks)
Set free your inner creativity on this super fun drama course where you can learn and enjoy the basics of theatre and drama through games, image making, physical activity and other drama techniques. Talent and experience not necessary just your energy and sense of adventure! **Day: Tuesday
Time:6.00pm-7.30pm**

Sept 20th
to
Non 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-12pm**

Sept 21st
to
Nov 30th

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: Thursday
Time: 3pm-5pm**

Sept 22nd
to
Dec 1st

YOGA (10 weeks)

This course will include stretching, balancing and relaxation for total well-being. All welcome.
**Day: Friday
Time: 11am-12pm**

For further information visit our website: www.loretocentrecrumlin.ie