

## 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 9th September 2022 the places will be offered to repeat learners.

**Closing date for receipt of applications: 9th September 2022**

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:

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

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



Loreto Sisters



Past-Pupils-Union

## Loreto Centre Crumlin Road Autumn Programme 2022



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 Captains Road,  
Crumlin Dublin 12.  
Phone: 01 -7090250**

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

Sept 19th  
to  
Dec 5th

**GARDENING (10 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**

Sept 19th  
to  
Dec 5th

**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. Suitable for people of all ages and abilities.  
**Day: Monday Time: 10am-11.30am**

Sept 20th  
to  
Nov 29th

**CROCHET (10 weeks) (NEW)**  
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: 10am-12.00pm**

Sept 20th  
to  
Nov 29th

**INTRODUCTION TO WOMEN GENDER AND SOCIAL JUSTICE (To be confirmed)**  
**Day: Tuesday Time: 10am-12.00pm**

Sept 21st  
to  
Nov 30th

**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**

Sept 21st  
to  
Nov 30th

## 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**

Sept 22nd  
to  
Dec 1st

**ENNEAGRAM (10 weeks)**  
The Enneagram is way of looking at personality, how it develops and what challenges may exist for each one of us when we are Communicating with others which come from our individual personalities.  
**Day: Thursday  
Time: 10.am-12.00pm**

Sept 23rd  
to  
Dec 2nd

**PILATES (10 weeks) (NEW)**  
Pilates is a low impact, full body form of exercise. This class will help to improve your strength, body awareness, flexibility, and balance. The class accessible to all and finishing the class feeling taller, stronger, and more mobile.  
**Day: Friday  
Time: 11.am-12.30pm**