

## 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 7th April 2022 the places will be offered to repeat learners.

**Closing date for receipt of applications: 13th April 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 Summer 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 CDETБ.

## The CDETБ Captains Road, Crumlin

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

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

Apr 25th  
to  
Jun 20th

### GARDENING (7 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**

Apr 25th  
to  
Jun 20th

### TAI CHI FOR HEALTH AND RELAXATION (7 weeks)

The ancient Chinese practise of Tai Chi is becoming ever more popular in the West. With its slow, gentle movements, it is an excellent way of promoting physical and mental wellbeing. Suitable for people of all ages and abilities.

**Day: Monday  
Time: 10am-11.30am**

Apr 26th  
to  
Jun 7th

### PERSONAL DEVELOPMENT AND ATTACHMENT (NEW) (7 weeks)

This course looks at how attachments with significant people in our lives affect our personal development. The course will consider principally the work of John Bowlby on attachment and the work of Erik Erikson on stages of development in the human life cycle.

**Day: Tuesday  
Time: 10.00am-12.00pm**

Apr 27th  
to  
Jun 8th

### MINDFULNESS MEDITATION (7 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. You may just want a quiet meditation hour or to build regular practice into your daily life. It's up to you, all welcome.

**Day: Wednesday  
Time: 10am-12.00am**

Apr 27th  
to  
Jun 8th

### VISUAL ARTS AND CRAFTS (7 weeks)

In this course we will be exploring a range of arts and crafts, no experience is needed. The aim of the classes is to help you explore your creative potential and develop your artistic skills in a supportive environment. We will be looking at different methods and techniques, with the emphasis on enjoyment.

**Day: Wednesday  
Time: 9.30am-11.30am**

**We are now taking names for the  
Introduction to Women, Gender & Social  
Justice  
Programme 2022-2023.  
Date to be Confirmed**