

Loreto Centre Crumlin Spring Programme 2022

Jan 18th **GARDENING (10 Weeks) (8 places available)**

Mar 28th Gain basic skills in gardening. This course will increase your knowledge on plant care and identification plus much more.

Day: Monday, Time: 10.00am –12.00pm

Jan 18th **TAI-CHI FOR HEALTH AND RELAXATION (10 Weeks)**

Mar 28th **(8 places available)**

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: 10.00am–11.30am

Feb 1st **PERSONAL DEVELOPMENT AND ATTACHMENT**

Apr 12th **(10 Weeks) (8 places available)**

This course looks at the how attachments with significant people in our lives affects 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

Jan 19th **MINDFULNESS/MEDITATION (10 Weeks) (8 places available)**

Mar 30th **Day: Wednesday, Time: 10.00am-11.30am**

Feb 2nd **VISUAL ARTS AND CRAFTS (10 Weeks) (8 places available)**

Apr 13th 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

COUNSELLING/THERAPY

Low cost counselling is available on request. Concessions are available on a sliding scale. Booking for courses or further information contact Karen at 01-4541078. For a full description of our courses visit our website: www.loretocentrecrumlin.ie