



Week 1

Monday, 6th July, 10.00—11.30: Drinking Alcohol: How Responsible Can We Be?

Facilitator: Dr Mark Philbin, DCU School of Nursing and Human Sciences

Tuesday, 7th July, 10.00—11.30: Intellectual Disability Services

Facilitator: Dr Deirdre Corby, DCU School of Nursing and Human Sciences

Wednesday, 8th July, 10.00—11.30: Creativity Skills—Develop Your Creativity!

Facilitator: Joanna Ozarowska, DCU in the Community

Week 2

Monday, 13th July, 10.00—11.30: Challenging Health Inequalities

Facilitator: Dr Anne Matthews, DCU School of Nursing and Human Sciences

Tuesday, 14th July, 10.00—12.00: Public Speaking—Nothing to Fear!

Facilitator: Elaine Metcalfe, Adult Educator and Public Speaking Coach

Wednesday, 15th July, 10.00—11.30: Interview Skills

Facilitator: Ronan Scally, Ballymun Jobs Club

Friday, 17th July, 10.00—11.30: Social Psychology—Introduction

Facilitator: Orla Mooney, BSc Psychology, DCU

Week 3

Monday 20th July, 10.00—11.30: Personal Finance: Managing A Bank Account & Online Banking

Facilitator: Eithne Connolly and Cormac Ryan, Bank of Ireland, DCU Campus Branch

Tuesday, 21st July, 10.00—12.00: Botanic Gardens Tour

Facilitator: Botanic Gardens Education Officer

Wednesday, 22nd July, 11.00—13.00: Mindfulness Based Stress Reduction

Facilitator: Dr Helena Ahern, DCU Counselling Service

All classes are free of charge!

Who can attend? All welcome! The workshops are suitable for anyone interested.

Where? All classes take place at DCU in the Community, Shangan Road, Ballymun

How to enrol? Simply book places on one or more workshops! Drop in to our centre on Shangan Road, or phone/email Joanna on 01 700 8851 joanne.ozarowska@dcu.ie