

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 12th of January 2025, the places will be offered to repeat learners.

Closing date for receipt of applications: 12th January 2025

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. The balance is due on or before the first session.

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:
Reception at 01-4541078
admin@loretocentrecrumlin.ie



LORETO CENTRE
CRUMLIN

Loreto Centre Crumlin Road Spring Programme 2025



Loreto Sisters



Past Pupil Union



Telephone 01-4541078
admin@loretocentrecrumlin.ie
www.loretocentrecrumlin.ie

Registered Charity: Loreto Centre
CRA: 20042011, CHY No: 13464

Loreto Centre Crumlin

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.

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: 01 -7090250

Jan 20 TAI CHI 9 Weeks

to Tai Chi with its slow, gentle movements, is an excellent way of promoting physical and mental wellbeing.

Apr 7 Day: Monday Time: 10am-11:30am

Jan 21 NEW YEAR, NEW ME 10 weeks

to January is the perfect time to set up our goals for the year. This class is for everyone and will combine practical tips and information on skin care, nutrition, light movement and self care to nurture your soul for the entire year.

Apr 1 Day: Tuesday Time:10am-12pm

Jan 21 BUSY HANDS PEACEFUL MINDS 10 Weeks

to Knitting, Macramé for relaxation, Unwind, relieve stress and get creative.

Apr 1 Day: Tuesday Time:10am-12pm

Jan 7 UCD CERTIFICATE IN WOMEN, GENDER & SOCIAL JUSTICE Module 3

to The Women, Gender & Social Justice course, takes in a dynamic and engaging learning environment where learners are encouraged to engage in discussions and debate on social justice over 4 modules from September to April. The format is online lectures combined with face to face tutorials and UCD

campus training.

Prior registration with the Centre is required.

Day: Tuesday & Thursday

Time: 10am-12:30pm

Jan 22 MINDFULNESS MEDITATION to 10 weeks

Apr 3 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 busy world.

Day: Wednesday Time:10am-12pm

Jan 24 YOGA 10 weeks

to This course will include stretching, balancing and relaxation for total well-being. All welcome.

Apr 5 Day: Friday Time: 11am-12pm

Loreto Centre Crumlin offers low cost counselling and psychotherapy. If you need support and a safe space to talk about your journey, you can contact us at 01-4541078.