

Summer School Programme

July 2020



DCU in the
Community



13th July, Monday, 10.00—11.30: Public Speaking—Take the Terror Out of the Talk!

Improve your confidence in public speaking and presentation skills

Facilitator: Elaine Metcalfe, Adult Educator and Public Speaking Coach

Register here: <https://bit.ly/38ibcku>

14th July, Tuesday, 10.00—11.00: Family Law—An Introduction

General introduction to family law, including community and legal supports available

Facilitator: Frank Murphy, Solicitor, Ballymun Community Law Centre

Register here: <https://bit.ly/2YKfXQm>

16th July, Thursday, 10.00—11.00: Building Resilience in Challenging Times *Improve your ability to build resilience, persevere in difficulties, and overcome obstacles*

Facilitator: Angela Farrelly, Adult Educator and Trainer

Register here: <https://bit.ly/2Zm9LNH>

20th July, Monday, 10.00—11.00: Creative Thinking and Writing Skills

Boost your creativity and creative writing skills during this practical and fun workshop

Facilitator: Joanna Ozarowska, Manager, DCU in the Community

Register here: <https://bit.ly/2NHfnwD>

21st July, Tuesday, 10.00—11.00: Positive Psychology-An Introduction

Learn about positive psychology, happiness, "the good life" and flourishing

Facilitator: Orla Mooney, DCU School of Nursing, Psychotherapy and Community Health

Register here: <https://bit.ly/2BO8eb8>

22nd July, Wednesday, 10.00—11.00: Understanding Dual Diagnosis

The experience of coping with both mental health and addiction problems

Facilitator: Dr Denise Proudfoot, DCU School of Nursing, Psychotherapy and Community Health

Register here: <https://bit.ly/2AhE27Z>

All classes are free of charge!

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

Where? All sessions take place online via Zoom (link will be emailed on registration)

How to enrol? Please register using the link under each session to receive the link to Zoom session

You will need a laptop/tablet/mobile with good internet connection and Zoom installed.

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