

Ozanam House Adult Education

Ozanam House Resource Centre
Society of St. Vincent de Paul
53 Mountjoy Square West, Dublin 1



Courses start week
of 19th September 2022

Contact Centre to register your place
now!

Opening Hours
Monday - Friday
9am - 9pm

Phone: 8742804 Fax: 8742890
Email: admin@ozanamhouse.ie

Programme Information

All courses run for **10 weeks**
(Unless otherwise stated)

General Course Fees

€25 Unemployed / State Pension
/ Part-time Worker

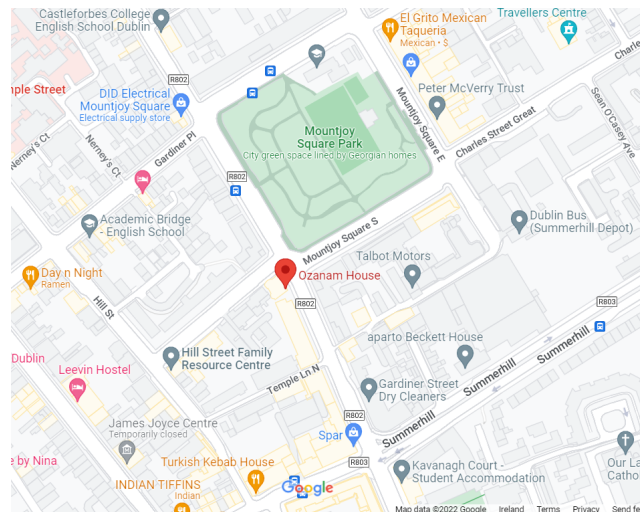
€60 Employed / State or Private Pension (Unless
otherwise stated)

Ozanam House Adult Education courses
provide the North Inner City Dublin
community with the opportunity to return to
education.

Our team of volunteers, staff and teachers
dedicate their skills and time to providing
excellent services in a friendly, fun & safe
environment.



'SVPOzanamHouse'



Positive Parenting for Changing Families

Ozanam House is parenting with **One Family**
to Deliver Free In - person Parenting Course
weekly for 6 weeks

- **Family Communications: Parenting Teens**
Morning Course - 16th Sept - 20th Oct at
10:00am
- **Family Communications: Parenting When Separated**
Evening Course - 21st Sept - 26th Oct at
6:30pm
- **Family Communications: Parenting When Separated**
Morning Course - 8th Nov - 13th Dec at
10:00am
- **Family Communications: Parenting Teens**
Morning Course - 9th Nov - 14th Dec at
10:00am



Monday

Tai Chi

Tai Chi practiced by people of all ages, regardless of their lifestyle or their health. The slow, flowing and coordinated movements control various functions of the body. Tai Chi can help dissolve many physical problems, especially those caused by modern day stress and tension. It slowly builds strength, stamina and flexibility through the subtle realignment of body posture.

10:30am - 11:30am

Duration: 5 weeks

YOGA

Join our weekly Yoga classes and meet new people while gaining a healthier happier lifestyle by bettering your mind and stretching out those tight muscles.

These classes will improve your stretching, flexibility and will teach you simple poses you can do at home in your own time.

Beginners 6:00pm - 7:00pm

Improvers 7:15pm - 8:15pm

Duration: 10 weeks

Tuesday

Computer

Learn basic computer skills at your own pace. Students will gain knowledge on what a computer is and learn how to work it before progressing onto Word, Excel and PowerPoint.

11:00am - 12:30pm

Duration: 10 weeks

Tuesday

Healthy Food Made Easy course

A fun nutrition and cookery course which helps people to make better choices when they shop, cook and eat

10:00am - 12:00am

Duration: 5 weeks

Sewing

Learn a new skill and display your creativity with something handmade by you! Learn how to use a sewing machine, make simple Garments, Home Furnishings and how to do some general alterations in a fun and social class.

5:00 pm - 7:00pm

Duration: 10 weeks

Wednesday

Mobile Technology

Get connected! Do you want to learn how to use your phone, tablet, camera or any other mobile device? This class will teach you how to connect your phone, save pictures, use social media and more.

11:00am - 12:30pm

Duration: 10 weeks

Arts & Crafts

Our weekly arts & crafts course will help unleash your creativity. Learn to draw before progressing on to painting and more!

No special equipment needed.

09:30am - 11:00am

Duration: 10 weeks

Thursday

Arts & Crafts

Our weekly arts & crafts course will help unleash your creativity.

Learn to draw before progressing on to painting and more!

No special equipment needed.

09:30am - 11:00am

Duration: 10 weeks

Saturday

Sewing

Learn a new skill and display your creativity with something handmade by you! Learn how to use a sewing machine, make simple Garments, Home Furnishings and how to do some general alterations in a fun and social class.

2:00pm - 4:00pm

Duration: 10 weeks

