



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'



Ozanam House Adult Education

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



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Contact Centre to register your place now!

Opening Hours
Monday - Friday
9am - 9pm

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

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.

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 Improvers

Duration: 10 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.

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.

Duration: 10 weeks



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

