



CAPACITAR IRELAND

Community Newsletter Autumn 2016

www.capacitar-ireland.org

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Pat Cane to lead 2016 -2017 Foundation

Programme in Newry

We are delighted that Pat Cane is coming to facilitate our next Foundation Training Programme starting in Newry this October.

And there are still places available so check it out on our web-site and spread the word!!! The course is mid-week on Tuesday and Wednesdays and Dates are as below:

- Module 1 11th & 12th October 2016
- Module 2 7th & 8th February 2017
- Module 3 6th & 7th June 2017
- Module 4 26th & 27th September 2017

For leaflet and bookings please contact Siobhan above.



Date for your Diary:

Samhain Gathering Day - Saturday 5th November

Come and join us for this Capacitar Gathering Day and Celtic Samhain Celebration

On: Saturday 5th November

At: 10.30am – 4.30pm

In: the Robert Emmet Community Development Centre, Usher Street, Dublin

Open to all - so invite your friends to experience the benefits of Capacitar practices and ritual.

Cost: €25 including tea/ coffee. Please bring your own lunch.

Booking essential – contact Siobhan above.

Lots Well in the North East!!!

Weekly Community Wellness Classes using Capacitar practices are now running in North East as follows:

- Dundalk Redeemer Centre Monday 11 – 1pm
- Drogheda Ballsgrove Boxing Club – Wednesday 10-12am
- Carrickmacross – Wednesday 11 – 1pm (starting end Sept)
- Castleblayney Iontas Centre – Thursday 2-4pm

All welcome – Please contact Siobhan for more details.

Introductory Days – why not have one in your area?

Last year we ran a number of very successful introductory days around the country. These are great to introduce people to Capacitar and let them know about our Foundation Training. If you are interested in having one in your area, please contact Siobhan

- New Weekly Community Wellness Classes, to start shortly in **Tallaght** and **Inner City Dublin**
 - And we are hoping to start a new class in **Monaghan** soon!
- Please contact Siobhan for more details.

Capacitar International

Keep up to date with Capacitar's international developments in other countries. Register for their newsletter and read about Founder Pat Cane's inspiring work at : www.capacitar.org