

CAPACITAR IRELAND

Community Newsletter Spring 2018

www.capacitar-ireland.org

Office Contact – Siobhan Larkin: Tel 086-8245037

email: capacitar.ireland1@gmail.com

NEW 2018 -2019 Foundation

Programme with Pat Cane

The next Foundation Programme in Wellness Education will be led by Pat Cane on the following dates:

- Module 1: 1st & 2nd December 2018
- Module 2: 2nd & 3rd March 2019
- Module 3: 22nd & 23rd June 2019
- Module 4: 12th & 13th October 2019.

Fee: €600. Venue will be central Dublin

Bookings now open - For full leaflet and booking form contact Siobhan at office.

Please help SPREAD THE WORD!!! Let u know if you want to arrange an Introduction Day in your area

Bealtaine Gathering Day

On: Saturday May 26th 10.00am – 4pm

In: Cuan Mhuire, Old Dublin Road, Newry

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

Fee: €15 Euro. Includes scones on arrival and tea/ coffees.

Participants are advised to bring their own lunch.

Booking: Contact Teresa Nugent at 048 30861220/028 30861220 or email waldcentre@hotmail.co.uk

'Time for Me' Capacitar Introduction Day Newry

Saturday 21st April 10am-3pm

Newry Library 79, Hill Street Newry. Cost £10.00

Book: Josephine (0044)7926791747; oharej@hotmail.co.uk

Advanced Course has 30 participants!

We are delighted that 30 people signed up for the 2018 Advanced Course with Pat Cane. Module 2 will take place on the 9th & 10th June

Regular Weekly Well-being Classes based on Capacitar Practices that are open to everyone now take place in:

Castleblayney (Thurs pm) Dundalk (Monday am)
Drogheda (Wed am) Dublin City (Tues pm)
Nenagh **Contact Siobhan for more information. If you are interested in starting a Community Well-being Group based on Capacitar Practices in your area , please get in touch.**

Tutor-Training 2018 -2019

- **Module 1: Oct 13th & 14th 2018**
- **Module 2: April 2019 6th & 7th**
- Structure: 2 x 2 day weekend modules
- Fee: €300; Venue: Teacher's Club Dublin.

This course is open to those who have completed Advanced Training with Pat Cane and who are regularly using Capacitar practices with groups or in their work. For further information on the above, including course objectives and content, please email Siobhan at office.

New Developments & Partnerships

Capacitar Ireland is always looking to develop partnerships and joint projects with other groups and organisations. Here are examples of our current working partnerships:

- Run monthly Wellbeing Seminars in Ballymena in partnership with the North Antrim Community Network.
- Introducing Capacitar practices to weekly women's group of asylum seekers/refugees in Mosney Reception Centre
- Work with CASPr Afterschools to teach Capacitar to children and staff in schools & pre-schools in Dublin city & input into their new manual identifying links between Capacitar practices and Aistear and Siolta Frameworks.
- Giving key note speech and workshop at forthcoming Seminar run by Waterford Childcare Committee
- Ran a Seminar in February for community groups with Pat Cane for in partnership with LYCS community service in Dublin city, and another planned for June – see below.

SELF-CARE SEMINAR with PAT CANE

Wednesday 6th June 10.00am – 4pm

In: Dublin - Venue to be confirmed

All welcome, especially those working / participating or volunteering with Community & Voluntary groups.

Cost: €10 donations welcomed

Booking contact: Siobhan at office above

Capacitar International

Download Emergency Kit & 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