

Wellness Foundation

NLN Park House, Stillorgan, Dublin

A truly supportive programme that offers people a chance to recover from difficulties, particularly in the area of mental health.

We enable you to develop resources to feel better, improve your overall quality of life, and to become more self-aware while exploring your own learning style.

We co-create a safe, non-judgemental place, to explore your individual path and story. A sense of safety and belonging promotes personal insight; while being seen and heard, with compassion and caring, feels good. As you complete the course, we support you if you decide to move on, either to another course at NLN Roslyn College or other education or career opportunities.



What do our past students say?

"Since starting the course, I have found an accepting environment where I can explore my future options"
~ Ruth

"It introduced me to new ways of looking at life, helped me understand that I could recover my sense of self-autonomy, lead a good life even when my symptoms never left me"
~ Neil

"I have met so many lovely people and expanded my social circle of friends. My health and focus has been greatly helped by attending this course"
~ Niall

"It was a very open and positive environment with the focus always on the well-being of participants"
~ Thomas

What happens in Wellness Foundation

Wellness Recovery Action Plan (WRAP)

Everyone has the opportunity to complete a personal plan while exploring wellness through the lens of Recovery

Mindfulness

We use Mindfulness as a tool to promote wellness

Learning Process

We explore and reflect on the learning process and how to create a positive learning environment

Minimising Stress

We look at ways of acknowledging the presence of stress in our lives and how to work with and minimise its effects which in turn increases resilience

Creativity

We explore ways of living creatively even if symptoms are present

Recovery Star

We use the Recovery star to map the recovery journey



We aim to foster awareness of the choices you can make to live well in the presence or absence of symptoms

Orla and Philip, our Wellness Foundation facilitators, will be very pleased to meet you and discuss the course in more detail

Contact us to find out more

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