

Online Course Timetable

MARCH 2021

Courses Delivered Via **Zoom**

Course	Date	Time
Elevenes Coffee Morning Drugs, Alcohol and Your Mental Health (Week 1) 5 Ways To Wellbeing	Mon 1st	11.00am 2.00pm - 3.00pm 4.00pm - 4.30pm
Finding Hope After Bereavement	Tues 2nd	10.30am - 11.30am
Understanding Depression (Week 2)	Wed 3rd	10.30am - 11.30am
Hope & Optimism	Thurs 4th	2.30pm - 3.00pm
Mindfulness	Fri 5th	11.00am - 11.30am
Drugs, Alcohol and Your Mental Health (Week 2)	Mon 8th	2.00pm - 3.00pm
Ideas for Creativity for Wellness	Tues 9th	12.30pm - 1.00pm
Self-Care for Carers (Week 1)	Wed 10th	2.00pm - 3.30pm
5 Steps to Well Being	Thurs 11th	11.00am - 11.30am
Models of Wellbeing	Fri 12th	11.00am - 11.30am

Interested in a course? Get in touch and register today:



NI: (028) 7186 5149

ROI: (087) 409 8630



NI: recoverycollegewest@westerntrust.hscni.net

ROI: Innovation.RecoverySouth@hse.ie

Online Course Timetable

MARCH 2021

Courses Delivered Via **Zoom**

Course	Date	Time
Top tips for Anxiety	Mon 15th	2.00pm - 2.30pm
Finding Joy Through Gratitude	Tues 16th	10.30am - 11.00am
The Wellness Toolbox	Thurs 18th	2.30pm - 3.00pm
Mindfulness	Fri 19th	11.00am - 11.30am
Living Beyond Depression	Mon 22nd	3.00pm - 3.30pm
Getting a Good Night's Sleep	Tues 23rd	7.00pm - 7.30pm
Self-Care for Carers (Week 2)	Wed 24th	2.00pm - 3.30pm
Trauma & Healing	Thurs 25th	11.00am - 12.00pm
Relaxation For Wellness	Fri 26th	11.00am - 11.30am
Managing Setbacks	Mon 29th	2.30pm - 3.00pm
Tips for Anxiety	Tues 30th	11.00am - 11.30am
Coping with Change	Wed 31st	12.30pm - 1.00pm

Interested in a course? Get in touch and register today:



NI: (028) 7186 5149

ROI: (087) 409 8630



NI: recoverycollegewest@westerntrust.hscni.net

ROI: Innovation.RecoverySouth@hse.ie