

January 2022 Course Timetable

South Hub: Cavan, Fermanagh, Leitrim, Monaghan and Sligo

Course	Date	Time (*new time)
Chat and Connect Hour	Tues 11 th	2.30pm – 3.30pm
Physical Activity for Wellbeing	Thurs 13 th	2.30pm – 3.00pm
Mindfulness and Relaxation Hour	Fri 14 th	*2.00pm – 3.00pm
Fortnight Arts & Crafts for your Wellbeing	Tues 18 th	*2.30pm – 3.30pm
Positivity in Media for Wellness	Thurs 20 th	2.30pm – 3.30pm
Relax with Poetry and Mindfulness	Fri 21 st	*2.00pm – 3.00pm
5 Ways to Wellbeing	Tues 25 th	2.30pm – 3.00pm
Recognising & Strengthening your Resilience	Thurs 27 th	2.30pm – 3.00pm
Managing Voices and your Wellbeing	Fri 28 th	*2.00pm – 2.30pm



ROI: (087) 409 8630

NI: (078) 8007 0709



Call or email to book your space



Innovation.RecoverySouth@hse.ie