

Online Course Timetable

February 2022

Courses Delivered Via **Zoom**

Course	Date	Time
5 Ways to Wellbeing	Thurs 3 rd	10.30am – 11.30am
Top Tips for Anxiety	Mon 7 th	10:30am – 11:30am
Managing Loneliness	Thurs 10 th	11.00am – 12.00pm
Recognising & Strengthening Your Resilience	Tues 15 th	1:00pm – 2.00pm
Getting a Good Night's Sleep	Thurs 17 th	2:00pm – 3:00pm
Top Tips for Motivation	Tues 22 nd	10:30am- 11:30am
Setting S.M.A.R.T Goals	Thurs 24 th	10.00am – 11.00am
Wellness Toolbox	Mon 28 th	2:00pm-3:00pm

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



NI: (028) 3025 7012
ROI: (086) 031 8919



recoverycollege.east@southerntrust.hscni.net

