

Online Course Timetable

February 2022

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

Course	Date	Time
Managing Chronic Pain and your Mental Health	Tues 1st	12.00pm – 12.30pm
Physical Activity for Wellbeing	Thurs 3 rd	12.00pm – 12.30pm
Mindfulness Hour	Fri 4 th	12.00pm – 13.00pm
Building a Healthy Self Esteem	Tues 8 th	12.00pm – 12.30pm
Mindfulness	Thurs 10 th	12.00pm – 12.30pm
Goal Setting	Fri 11 th	12.00pm – 12.30pm
Hope and Optimism	Tues 15th	12.00pm – 12.30pm
Positivity in Media	Thurs 17th	12.00pm – 13.00pm
Mindfulness	Fri 18th	12.00pm – 12.30pm
Living with Cancer and Looking after your Mental Health	Tues 22nd	12.00pm – 13.00pm
Mindfulness	Thurs 24th	12.00pm – 12.30pm
Chat and Connect	Fri 25th	12.00pm – 13.00pm

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



NI: (078) 80 070709

ROI: (087) 409 8630



ROI: Innovation.RecoverySouth@hse.ie