

Online Course Timetable

March 2022

Courses Delivered Via **Zoom**

| Course | Date | Time |
|---------------------------------|-----------------------|-------------------|
| 'Chat & Connect' Coffee Morning | Fri 4 th | 10:00am – 11:00am |
| Physical Activity for Wellbeing | Mon 7 th | 10:00am – 11:00am |
| Practising Self-Care | Wed 9 th | 10:30am – 11:30am |
| Mindfulness | Tues 15 th | 10:00am – 10:30am |
| Building a Healthy Self-Esteem | Tues 22 nd | 10:30am – 11:30am |
| Getting a Good Night's Sleep | Mon 28 th | 3:00pm – 4:00pm |
| Introduction to Managing Stress | Wed 30 th | 10.30am – 11.30am |

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



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



recoverycollege.east@southerntrust.hscni.net

