

Online Course Timetable

March 2022

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

Course	Date	Time
Coming out of Covid	Tues 1st	14.30pm – 15.00pm
Mindfulness	Thurs 3 rd	12.00pm – 12.30pm
Navigating Mental Health Services	Fri 4 th	12.30pm – 13.00pm
Top Tips for Self-Motivation	Tues 8 th	14.30pm – 15.00pm
Information on Medication used in Mental Health Treatment Hour	Wed 9 th	14.00pm – 15.00pm
Recognising and Strengthening your Resilience	Thurs 10 th	12.00pm – 12.30pm
Goal Setting for Wellbeing	Fri 11 th	12.30pm – 13.00pm
5 Ways to Wellbeing	Tues 22 nd	14.30pm – 15.00pm
Hope and Optimism	Thurs 24 th	12.00pm – 12.30pm
Managing Voices for Wellbeing	Fri 25 th	12.30pm – 13.00pm
Top Tips for Anxiety	Tues 29 th	14.30pm – 15.00pm
Mindfulness and Relaxation with Poetry Hour	Thurs 31 st	12.00pm – 13.00pm

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



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