

Online Course Timetable

April 2022

Courses Delivered Via **zoom**

Course	Date	Time
Coping with Change	Mon 4 th	10:00am – 11:00am
5 Ways to Wellbeing	Wed 6 th	2:00p.m – 3:00p.m
Compassion Fatigue	Mon 11 th	10:30am – 11:30am
Mindfulness	Wed 13 th	10:30am – 11:00am
Chat & Connect	Thurs 21 st	10:30am – 11:30am
Men's Health & Wellbeing	Tues 26 th	10:30am – 11:30am
Mindfulness	Thurs 28 th	11:00am – 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

