

Online Course Timetable

April 2022

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

Course	Date	Time
Chat and Connect	Friday 1 st	14.30pm – 15.30pm
The Wellness Toolbox	Tuesday 5 th	14.30pm – 15.00pm
Mindfulness Hour	Thursday 7 th	14.30pm – 15.30pm
Managing Voices for your Wellbeing	Friday 8 th	14.30pm – 15.00pm
Living with Cancer and Looking after your Mental Health Hour	Tuesday 12 th	14.30pm – 15.30pm
Physical Activity for Wellbeing	Thursday 14 th	14.30pm – 15.00pm
Mindfulness	Friday 15 th	14.30pm – 15.00pm
Coping with Change	Tuesday 19 th	14.30pm – 15.00pm
Mindfulness	Thursday 21 st	14.30pm – 15.00pm
Managing Setbacks	Friday 22 nd	14.30pm – 15.00pm
Mindfulness	Thursday 28 th	14.30pm – 15.00pm
Chat and Connect	Friday 29 th	14.30pm – 15.30pm

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



NI: (078) 80 070709

ROI: (087) 409 8630



ROI: Innovation.RecoverySouth@hse.ie