

Online Course Timetable

May 2022

Courses Delivered Via **zoom**

Course	Date	Time
Mindfulness	Thurs 5 th	10:00am – 10:30am
Coping with Loneliness	Mon 9 th	10:00am – 11:00am
Chat & Connect/Mindfulness	Thurs 12 th	2:00pm – 3:00pm
Understanding & Managing Anger	Tues 17 th	2:00pm – 3:00pm
Practising Self-Care	Thurs 19 th	10:30am – 11:30am
Physical Activity for Wellbeing	Fri 27 th	10:00am – 11am
Compassion Fatigue	Tues 31 st	1:30pm – 2:30pm

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



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