

October 2022 Course Timetable

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

Course	Date	Time
Mindfulness	Fri 7th	12.00pm – 12.30pm
Mindfulness	Thurs 13th	12.00pm – 12.30pm
Models of Recovery	Fri 14th	12.00pm – 12.30pm
Maintaining Our Wellness	Thurs 20th	12.00pm – 12.30pm
Mindfulness	Fri 21st	12.00pm – 12.30pm
Mindfulness	Thurs 27th	12.00pm – 12.30pm
Navigating Mental Health Services	Fri 28th	12.00pm – 12.30pm

**FREE
ONLINE
COURSE**

Call or email to book your space



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