



FREE COURSES



# Course Timetable: Kilkeel

Venue: Nautilus Centre, Kilkeel

Time: 10:30 am – 12:30 pm

Course	Day & Date
Understanding & Managing Anxiety (Week 1 of 2)	Tuesday 21 <sup>st</sup> February
Understanding & Managing Anxiety (Week 2 of 2)	Tuesday 28 <sup>th</sup> February
Understanding & Managing Depression (Week 1 of 2)	Tuesday 1 <sup>st</sup> March
Understanding & Managing Depression (Week 2 of 2)	Tuesday 8 <sup>th</sup> March

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



028 3025 7012



[Recoverycollege.east@southerntrust.hscni.net](mailto:Recoverycollege.east@southerntrust.hscni.net)

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## Course Descriptions

### Understanding & Managing Depression

This course aims to give you the knowledge required to understand the impact of and key issues surrounding depression, and explore ways of managing it.

### Understanding & Managing Anxiety

This course aims to give you the knowledge required to understand the impact of and key issues surrounding anxiety and ways in which to manage it.



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