



Course Timetable: Newry

Venue: Newry Library, Hill Street, Newry

Time: 10:00am – 12:00 noon

Course	Day & Date
Getting A Good Night's Sleep	Thursday 23 rd February
Understanding & Managing Anxiety (Week 1 of 2)	Thursday 2 nd March
Understanding & Managing Anxiety (Week 2 of 2)	Thursday 9 th March
Practising Self Care	Thursday 16 th March

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



028 3025 7012



Recoverycollege.east@southerntrust.hscni.net

@InnovationRecov



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Course Descriptions

Getting a Good Night's Sleep

Sleep is essential to our general health and wellbeing and poor sleep can lead to difficulties coping with daily life, and affect our health and wellbeing. If you are someone who struggles to get to sleep or wakens in the middle of the night and can't get back to sleep this course will provide you with some useful tips to help you learn various strategies that can be used to help you have a good night's sleep.

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.

Practising Self-Care

This course explores the culture of self-care; its value and benefits; and suggests ways in which it can be incorporated into your daily life.



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