



# Course Timetable: Craigavon

Venue: Portadown Library, Church Street, Portadown

Time: 10:30am – 12:30 pm

Course	Day & Date
Getting A Good Night's Sleep	Tuesday 10 <sup>th</sup> January
Practising Self Care	Tuesday 17 <sup>th</sup> January
Top Tips for Anxiety	Tuesday 24 <sup>th</sup> January
Understanding & Managing Depression (Week 1 of 2)	Tuesday 31 <sup>st</sup> January
Understanding & Managing Depression (Week 2 of 2)	Tuesday 7 <sup>th</sup> February
Building Self Esteem	Tuesday 14 <sup>th</sup> February

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

## 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.

## 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.

## Top Tips for Anxiety

Anxiety is a normal part of everyday life but it becomes a problem when it is frequent, overwhelming and stops you doing the things you would like to be able to do. In this course you will discover the links between your thoughts, feelings and behaviours, what anxiety is, what causes it and what keeps it going. The course will provide you with some simple strategies and top tips to help you understand and manage your anxiety. At the end of the course participants are invited to experience a short relaxation technique that can help manage anxiety.

## 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.

## Building a Healthy Self-Esteem

This course will empower you to harness the power of your thoughts and beliefs to change how you feel about yourself.



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