


# Online Course Timetable

NOVEMBER 2020

Courses Delivered Via **Zoom**

Course	Date	Time
Steps to Appiness	Tues 3rd	2.00pm - 2.30pm
Top Tips for Motivation	Wed 4th	2.30pm - 3.00pm
Coping With Change	Thurs 5th	10.30am - 11.30am
Managing Setbacks	Fri 6th	10.30am - 11.00am
Building Healthy Self-esteem	Tues 10th	2.30pm - 3.00pm
Cooking for One	Thurs 12th	2.00pm - 3.00pm
Physical Activity for Well-being	Fri 13th	11.00am - 11.30am
Elevenes Coffee Morning Mindful Sleep	Mon 16th	11.00am 4.00pm - 4.30pm
Understanding Anxiety (Week 1 of 2)	Tues 17th	10.30am -11.30am
Recognising & Strengthening Your Resilience	Wed 18th	2.00pm - 3.00pm
Introduction to Trauma & Healing	Thurs 19th	11.00am - 12.00pm
Practising Self-care	Fri 20th	10.30am - 11.00am

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

 **NI: (028) 7186 5149**  
**ROI: (086) 606 9480**

 **NI: [recoverycollegewest@westerntrust.hscni.net](mailto:recoverycollegewest@westerntrust.hscni.net)**  
**ROI: [Innovation.RecoverySouth@hse.ie](mailto:Innovation.RecoverySouth@hse.ie)**

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Elevenes Coffee Morning Hope & Optimism	Mon 23rd	11.00am 2.30pm - 3.00pm
Understanding Anxiety (Week 2 of 2) Building Healthy Self-esteem	Tues 24th	10.30am - 11.30am 2.30pm - 3.00pm
Finding Hope After Bereavement	Wed 25th	10.30am - 11.30am
Top Tips for Self-motivation	Thurs 26th	10.30am - 11.30am
Mindfulness (Week 1 of 4)	Fri 27th	11.00am - 12.00pm
Elevenes Coffee Morning Five Steps to Well-being	Mon 30th	11.00am 2.00pm - 2.30pm

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