

Online Course Timetable

1ST JUNE - 12TH JUNE 2020

Courses Delivered Via **Zoom**

Course	Date	Time
Hope and Optimism	1st June	2.30pm - 3.00pm
5 Ways to Wellbeing	2nd June	3.00pm - 3.30pm
Tips for Managing Anxiety	3rd June	11.00am - 11.30am
Learning to Like Yourself	4th June	3.00pm - 3.30pm
Practicing Self Compassion	5th June	10.30am - 11.00am
Living Beyond Depression	8th June	11.00am - 11.30am
Tips for Anxiety During Covid-19	9th June	2.30pm - 3.00pm
Coping with Change	10th June	12.30pm - 1.00pm
My Wellness Toolbox	11th June	11.00am - 11.30am
Navigating Mental Health Services	12th June	10.30am - 11.00am

**Interested in a course?
Get in touch to register today -**

 NI (028) 7186 5149 or ROI (086) 606 9480

 recoverycollegewest@westerntrust.hscni.net

Online Course Timetable

15TH JUNE - 30TH JUNE 2020

Courses Delivered Via **Zoom**

Course	Date	Time
Mindfulness and Relaxation	15th June	10.30am - 11.00am
Learning to Like Yourself	16th June	2.30pm - 3.00pm
Life After Lockdown	17th June	3.00pm - 3.30pm
Daily Maintenance Planning	18th June	10.30am - 11.00am
The Fundamentals of Self Care	19th June	12.30pm - 1.00pm
Managing my Wellness	22nd June	11.30am -12.00pm
Tips for Anxiety During COVID-19	23rd June	2.30pm - 3.00pm
Managing Setbacks	24th June	10.30am - 11.00am
Finding Joy Through Gratitude	25th June	3.00pm - 3.30pm
Physical Activity for Wellbeing	26th June	10.30am - 11.00am
Coping with Change	29th June	10.30am - 11.00am
Hope and Optimism	30th June	2.30pm - 3.00pm

**Interested in a course?
Get in touch to register today -**

 NI (028) 7186 5149 or ROI (086) 606 9480

 recoverycollegewest@westerntrust.hscni.net