

July

COURSE TIMETABLE

	E	A	S	T	H	U	B
Managing Life after Lockdown	Wed	7th					10:30am - 11:30am
Finding Hope after Bereavement	Thurs	8th					11:00am - 12:00pm
Top tips for Anxiety	Fri	9th					10:30am - 11:00am
Hope and Optimism	Thurs	15th					10:30am - 11:30am
Coping with Change	Fri	16th					3pm - 4pm
Understanding & Managing Depression - Session 1	Mon	19th					10:30am - 11:30am
Practising Self-Care	Wed	21st					10:30am - 11:30am
Understanding & Managing Depression - Session 2	Thurs	22nd					10:30am - 11:30am
Physical Activity for Wellbeing	Mon	26th					11:00am - 11:30am
Learning to Like Yourself	Tues	27th					11:00am - 11:30am
Mindfulness	Wed	28th					3pm - 3:45pm

Call or email to book your space

 Northern Ireland (028) 3025 7012 Republic of Ireland 086 031 8919
 recoverycollege.east@southerntrust.hscni.net

**FREE
ONLINE
WORKSHOPS**

COURSES DELIVERED VIA ZOOM