


Online Course Timetable

OCTOBER 2020

Courses Delivered Via **Zoom**

Course	Date	Time
Write to Recovery (Week 3)	Thurs 1st	2.00pm - 3.00pm
8 Models of Wellbeing	Fri 2nd	2.30pm - 3.00pm
Elevenes Coffee Morning Hope & Optimism	Mon 5th	11.00am 2.30pm - 3.00pm
5 Ways to Wellbeing	Tues 6th	2.30pm - 3.00pm
Understanding Anxiety (Week 1 of 2)	Wed 7th	10.30am - 11.30am
Write to Recovery (Week 4)	Thurs 8th	2.00pm - 3.00pm
Mindfulness	Fri 9th	11.00am - 11.30am
Elevenes Coffee Morning Living Beyond Depression	Mon 12th	11.00am 2.00pm - 2.30pm
Building a Healthy Self-esteem	Tues 13th	2.30pm - 3.00pm
Understanding Anxiety (Week 2 of 2)	Wed 14th	10.30am - 11.30am
Practicing Self-Care	Thurs 15th	10.30am - 11.00am
Mindfulness	Fri 16th	11.00am - 12.00am

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

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

 **NI: recoverycollegewest@westerntrust.hscni.net**
ROI: Innovation.RecoverySouth@hse.ie

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Elevenes Coffee Morning Mindful Sleep	Mon 19th	11.00am 8.00pm - 8.30pm
Maintaining my Wellness	Tues 20th	10.30am - 11.30am
Coping with Change	Wed 21st	10.30am - 11.00am
Introduction to Trauma and Healing	Thurs 22nd	11.00am - 12.00pm
Mindfulness	Fri 23rd	11.00am - 12.00pm
Elevenes Coffee Morning Living Beyond Depression	Mon 26th	11.00am 10.30am - 11.00am
Top Tips for Self-motivation	Tues 27th	2.00pm - 2.30pm
Tips for Getting a Good Night's Sleep	Wed 28th	10.30am - 11.30am
Practising Self-Care	Thurs 29th	10.30am - 11.00am
Navigating the Mental Health Services	Fri 30th	11.00am - 11.30am

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