

# Online Course Timetable

SEPTEMBER 2020

Courses Delivered Via **zoom**

Course	Date	Time
Steps to Appiness	Tues 1st	2.00pm - 2.30pm
Coping with Change Mindful Sleep	Wed 2nd	10.30am - 11.00am 7.00pm - 7.30pm
Recognising and Strengthening Your Resilience	Thurs 3rd	10.30am - 11.00am
Developmental Trauma	Fri 4th	11.00am - 12.00pm
Eleveses Coffee Morning Finding Joy Through Gratitude	Mon 7th	11.00am 2.00pm - 2.30pm
Living Beyond Depression Learning to Like Yourself	Tues 8th	10.30am - 11.00am 2.30pm - 3.00pm
Maintaining My Wellness Tips for Anxiety	Wed 9th	10.30am - 11.00am 7.00pm - 7.30pm
Creativity for Wellness	Thurs 10th	10.30am - 11.00am
Physical Activity for Wellbeing	Fri 11th	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](mailto:recoverycollegewest@westerntrust.hscni.net)

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Course	Date	Time
Elevenes Coffee Morning Learning to Like Yourself	Mon 14th	11.00am 2.00pm - 2.30pm
Managing Setbacks Top Tips for Anxiety	Tues 15th	10.30am - 11.00am 2.30pm - 3.00pm
Practicing Self-Care Daily Maintenance Planning	Wed 16th	10.30am - 11.00am 7.00pm - 7.30pm
The Wellness Toolbox Write to Recovery Week 1	17th Sept	11.00am - 11.30am 2.00pm - 3.00pm
Mindfulness	Fri 18th	11.00am - 12.00am

Elevenes Coffee Morning Hope & Optimism	Mon 21st	11.00am 2.30pm - 3.00pm
The Wellness Toolbox 5 Ways to Well-Being	Tues 22nd	10.30am - 11.00am 2.30pm - 3.00pm
Top Tips for Anxiety Finding Joy Through Gratitude	Wed 23rd	10.30am - 11.00am 7.00pm - 7.30pm
Write to Recovery Week 2	Thurs 24th	2.00pm - 3.00pm
Physical Activity for Wellbeing	Fri 25th	11.00am - 11.30am

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Elevenes Coffee Morning The Wellness Toolbox	Mon 28th	11.00am 2.30pm - 3.00pm
5 Ways to Well-Being	Tues 29th	2.30pm - 3.00pm
Top Tips for Self-motivation Recognising and Strengthening Your Resilience	Wed 30th	10.30am - 11.00am 7.00pm - 7.30pm

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