

Online Course Timetable

JULY 2020

Courses Delivered Via **Zoom**

Course	Date	Time
Daily Maintenance Planning	1st July	4.00pm - 4.30pm
Learning to Like Yourself	2nd July	2.00pm - 2.30pm
Practicing Self Care	3rd July	12.30pm - 1.00pm
Hope and Optimism	6th July	2.30pm - 3.00pm
Mindfulness & Relaxation	7th July	11.00am - 11.30am
WRAP Level 1 (4 Week Course)		12.30pm - 3.00pm
Steps to Appiness	8th July	11.00am - 11.30am
Life After Lockdown	9th July	4.00pm - 4.30pm
Coping with Change	10th July	10.30am - 11.00am
WRAP Level 1 (4 Week Course)	14th July	12.30pm - 3.00pm
5 Ways to Wellbeing		3.30pm - 4.00pm
Mindful Sleep	15th July	4.00pm - 4.30pm
Managing Setbacks	16th July	11.00am - 11.30am
Practicing Self Care	17th July	12.30pm - 1.00pm

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

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

 **recoverycollegewest@westerntrust.hscni.net**

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Course	Date	Time
Learning to Like Yourself	20th July	11.00am - 11.30am
Practicing Self Compassion	21st July	11.00am - 11.30am
WRAP Level 1 (4 Week Course)		12.30pm - 3.00pm
Living Beyond Depression	22nd July	4.00pm - 4.30pm
Top Tips for Anxiety	23rd July	11.00am - 11.30am
Developmental Trauma	24th July	11.00am - 11.30am
Top Tips for Self Motivation	27th July	2.30pm - 3.00pm
WRAP Level 1 (4 Week Course)	28th July	12.30pm - 3.00pm
Tips for Anxiety During Covid-19		3.30pm - 4.00pm
Creativity for Wellness	29th July	11.00am - 11.30am
Recognising & Strengthening your Resilience	30th July	2.30pm - 3.00pm
Mens' Mental Health	31st July	11.00am - 11.30am

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