Southern Health and Social Care Trust
Quality Care - for you, with you

HOPE
OPPORTUNITY
CONTROL
Recovery and Wellness College
SHSCT

Southern Trust Recovery College

Course Timetable

October - December 2023

Course	Sessions	Date	Time	Venue
Maintaining my Wellness	1	3rd October	10a.m – 12p.m	Portadown Health Centre
Top Tips for Anxiety	1	5th October	10a.m – 12p.m	Oakdale House, Newry
Practising Self-Care	1	12th October	10a.m – 12p.m	Brownlow Health Centre, Craigavon
Introduction to the Menopause	1	16th October	10a.m – 12:30p.m	St. Luke's Hospital Site, Armagh
Introduction to the Menopause	1	18th October	6p.m – 8p.m	Ballybot House, Newry
Building & Strengthening your Resilience	1	24th October	2p.m – 3.30p.m	Via MS Teams
Understanding & Managing Anxiety Week 1	2	1st November	10a.m – 1p.m	Portadown Health Centre
Understanding & Managing Anxiety Week 2	2	8th November	10a.m - 1p.m	Portadown Health Centre
Building a Healthy Self-Esteem	1	14th November	1:30p.m - 3:30p.m	Oakdale House, Newry
WRAP Information Session	1	21st November	10a.m – 11:30a.m	Via MS Teams
Understanding & Managing Depression Week 1	2	30th November	10a.m – 1p.m	St. Luke's Hospital Site, Armagh
Understanding & Managing Depression Week 2	2	7th December	10a.m – 1p.m	St. Luke's Hospital Site, Armagh
Coping with Christmas	1	11th December	10a.m – 12p.m	Portadown Health Centre
Coping with Christmas	1	14th December	6p.m – 8p.m	Haven Close, Armagh
Getting a Good Night's Sleep	1	18th December	10a.m – 1p.m	Oakdale House, Newry

Interested in attending a course? Get in touch and book a place today:

📞 028 37561938   🖱 recovery.college@southerntrust.hscni.net

Online Recovery College E-Learning Tool
We have launched our Free Online Recovery College which is available 24 hours a day. You can access the eLearning system by registering at https://mymentalhealthrecovery.com.

Working together   Excellence   Openness & Honesty   Compassion

Course Descriptions:

Maintaining my Wellness
Wellness matters as it affects all areas of our lives. This course offers the opportunity to explore what wellness is; why it is so important; and what you can do to reach your optimal level of wellness.

Top Tips for Anxiety
The course will provide you with some simple strategies and top tips to help you understand and manage your anxiety.

Practising Self-Care
This course explores the culture of self-care; its value and benefits; and suggests ways in which it can incorporated into your daily life.

Introduction to the Menopause
This course aims to increase understanding of the symptoms, causes and stages of Menopause. It offers information on treatments and support available to help you manage Menopause.

Building & Strengthening Your Resilience
This course explores what resilience is; what builds and breaks it; and what your default resilience strategies might be. It will also provide you with tools and techniques to help you build and strengthen your resilience.

Understanding & Managing Anxiety
This course aims to give you the knowledge required to understand the impact of and key issues surrounding Anxiety and ways in which to manage it.

Building a Healthy Self-Esteem
This course will empower you to harness the power of your thoughts and beliefs to change how you feel about yourself.

WRAP information Session
This awareness workshop is for individuals learn more about our Wellness Recovery Action Planning course and how it supports personal recovery.

Understanding & Managing Depression
This course aims to give you the knowledge required to understand the impact of and key issues surrounding depression and ways in which to manage it.

Coping with Christmas
This workshop will gift you with tips and hints on how to manage with all that Christmas brings and minding your mental health over the festive season.

Getting a Good Night's Sleep
Poor sleep can affect our health and wellbeing. This course will teach you various strategies to help you have a good night's sleep.