

Online Course Timetable

FEBRUARY 2021

Courses Delivered Via **Zoom**

Course	Date	Time
Elevenes Coffee Morning Finding Joy Through Gratitude	Mon 1st	11.00am 12.30pm - 1.00pm
Managing Setbacks	Tues 2nd	10.30am - 11.00am
Anxiety (Week 2)	Wed 3rd	10.30am - 11.30am
5 Ways To Well-being	Thurs 4th	11.00am - 11.30am
Mindfulness	Fri 5th	11.00am - 11.30am
Elevenes Coffee Morning Wellness Toolbox	Mon 8th	11.00am 4.00pm - 4.30pm
Living With Bi-Polar (Week 1)	Tues 9th	2.30pm - 3.30pm
Top Tips For A Good Night's Sleep	Wed 10th	4.00pm - 4.30pm
Building A Healthy Self-esteem	Thurs 11th	2.30pm - 3.00pm
Models Of Well-being	Fri 12th	11.00am - 11.30am

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



NI: (028) 7186 5149

ROI: (087) 409 8630



NI: recoverycollegewest@westerntrust.hscni.net

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Course	Date	Time
Elevenes Coffee Morning Daily Maintenance Planning	Mon 15th	11.00am 12.30pm - 1.00pm
Living With Bi-Polar (Week 2)	Tues 16th	2.30pm - 3.30pm
Maintaining My Wellness	Wed 17th	10.30am - 11.30am
Men's Health	Thurs 18th	11.00am - 12.00pm
Mindfulness	Fri 19th	11.00am - 11.30am
Elevenes Coffee Morning Steps To Appiness: Apps For Beginners	Mon 22nd	11.00am 2.30pm - 3.00pm
Mindful Sleep	Tues 23rd	10.30am - 11.00am
Understanding Depression (Week 1)	Wed 24th	10.30am - 11.30am
Hope & Optimism	Thurs 25th	11.00am - 11.30am
Tips For Anxiety	Fri 26th	11.00am - 11.30am

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