

Online Course Timetable

July 2022

Courses Delivered Via **Zoom**

Course	Date	Time
Chat & Connect	Wed 6 th	10:30 – 11:30
Managing Stress	Tues 19 th	13:00 – 14:00
My Wellness Toolbox	Fri 29 th	10:30 – 11:30

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



NI: (028) 3025 7012

ROI: (086) 031 8919



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**** We have launched our new Free Online Recovery College which is available 24 hours a day. You can access the eLearning system by registering at <https://mymentalhealthrecovery.com>****

