

Interested in free Mental Health Resilience and Self Management Courses?

WHERE:

Newry Library Meeting Room

WHEN:

Tuesday 11th October 2022

TIME:

10:00am – 12:00pm

Please also come visit our information stand downstairs in the Library on the same day to find out more about what we do at Innovation Recovery

**FREE
COURSE**

Interested in attending?

Get in touch and register today:



Tel: 02830257012



Recoverycollege.east@southerntrust.hscni.net