

Course Timetable (January - March 2023)

Craigavon Area

Course	Day	Date	Time
Getting a Good Night Sleep	Tuesday	10 th January	10.30 am – 12.30 pm
Practising Self Care	Tuesday	17 th January	10.30 am – 12.30 pm
Top Tips for Anxiety	Tuesday	24 th January	10.30 am – 12.30 pm
Understanding and Managing Depression (Week 1 of 2)	Tuesday	31 st January	10.30 am – 12.30 pm
Understanding and Managing Depression (Week 2 of 2)	Tuesday	7 th February	10.30 am – 12.30 pm
Building Self Esteem	Tuesday	14 th February	10.30 am – 12.30 pm

Venue: Portadown Library, Church Street, Portadown

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



NI: (028) 3025 7012
ROI: (086) 031 8919



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Course Timetable (January - March 2023)

Armagh Area

Course	Day	Date	Time
Getting a Good Night Sleep	Wednesday	11 th January	2.00 pm – 4.00 pm
Understanding and Managing Anxiety (Day 1 of 2)	Wednesday	18 th January	2.00 pm – 4.00 pm
Understanding and Managing Anxiety (Day 2 of 2)	Wednesday	25 th January	2.00 pm – 4.00 pm
Building Self Esteem	Wednesday	1 st February	2.00 pm – 4.00 pm
Practising Self Care	Wednesday	8 th February	2.00 pm – 4.00 pm

Venue: Dobbin Street Community Centre, Armagh

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Course Timetable (January 2023)

Dundalk Area

Course	Day	Date	Time	Venue
Getting a Good Night Sleep	Tuesday	10 th January	10.30 – 12.30	Dundalk Library
Understanding and Managing Depression (Day 1 of 2)	Wednesday	11 th January	10.30-12.30	DKIT Room M212/M213 Nursing Building
Top Tips for Anxiety	Tuesday	17 th January	10.30-12.30	Dundalk Library
Understanding and Managing Depression (Day 2 of 2)	Wednesday	18 th January	10.30-12.30	DKIT Room M212/M213 Nursing Building

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Course Timetable (February - March 2023)

Newry Area

Course	Day	Date	Time
Getting a Good Night Sleep	Thursday	23 rd February	10.00 am – 12 noon
Understanding and Managing Anxiety (Day 1 of 2)	Thursday	2 nd March	10.00 am – 12 noon
Understanding and Managing Anxiety (Day 2 of 2)	Thursday	9 th March	10.00 am – 12 noon
Practising Self Care	Thursday	16 th March	10.00 am – 12 noon

Venue: Newry Library, Hill Street, Newry

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Course Timetable (February - March 2023)

Kilkeel Area

Course	Day	Date	Time
Understanding and Managing Anxiety (Day 1 of 2)	Tuesday	28 th February	10.30 am – 12.30pm
Understanding and Managing Anxiety (Day 2 of 2)	Tuesday	7 th March	10.30 am – 12.30pm
Understanding and Managing Depression (Day 1 of 2)	Tuesday	14 th March	10.30 am – 12.30pm
Understanding and Managing Depression (Day 2 of 2)	Tuesday	21 st March	10.30 am – 12.30pm

Venue: Nautilus Centre, Kilkeel

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Course Descriptions

Getting a Good Night's Sleep

Sleep is essential to our general health and wellbeing and poor sleep can lead to difficulties coping with daily life, and affect our health and wellbeing. If you are someone who struggles to get to sleep or wakens in the middle of the night and can't get back to sleep this course will provide you with some useful tips to help you learn various strategies that can be used to help you have a good night's sleep.

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.

Practising Self-Care

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

Top Tips for Anxiety

Anxiety is a normal part of everyday life but it becomes a problem when it is frequent, overwhelming and stops you doing the things you would like to be able to do. In this course you will discover the links between your thoughts, feelings and behaviours, by firstly understanding what anxiety is, what causes it and what keeps it going. The course will provide you with some simple strategies and top tips to help you understand and manage your anxiety. At the end of the course participants are invited to experience a short relaxation technique that can help manage anxiety.

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.

Understanding & Managing Depression

This course aims to give you the knowledge required to understand the impact of and key issues surrounding depression, and explore ways of managing it.

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