



Southern Trust Recovery College

Wellbeing education for everyone

Upcoming Courses

Course Title	Date/s	Time	Venue
<p>Practising Self-Care</p> <p>This course explores the culture of self-care; its value and benefits; and suggests how to incorporate it into your daily life.</p> <p>Topics covered are:</p> <ul style="list-style-type: none"> • What does self-care mean to you? • Understanding resilience • Tips and strategies in how to practice self-care that works for you. 	<p>4th February 2025</p>	<p>10 am – 1 pm</p>	<p>Boardroom, Tower Hill, Armagh</p>
<p>Wellness Recovery Action Plan (WRAP)</p> <p>WRAP is a self -management and recovery system developed by a group of people who had mental health difficulties and who were struggling to incorporate wellness tools and strategies into their lives.</p> <p>WRAP is a structured system to monitor uncomfortable and distressing feelings and behaviours and, through planned responses, reducing, modifying, or eliminating them. It also includes plans for responses from others when you cannot make decisions, take care of yourself, or keep yourself safe.</p> <p>*Please note attendance at all four sessions is required</p>	<p>5th, 12th, 19th and 26th February</p>	<p>10.30 am – 2.30 pm</p>	<p>WIN Business Park, Newry</p>

<p>Getting a Good Night's Sleep</p> <p>Poor sleep can affect our health and wellbeing. This course will teach you various strategies to help you have a good night's sleep.</p> <p>Topics covered include:</p> <ul style="list-style-type: none"> • Understand why sleep is important • Describe the sleep cycle • Recognise barriers to getting a good sleep • Identify and implement tips for a good night's sleep 	<p>6th February 2025</p>	<p>10 am – 1 pm</p>	<p>Banbridge Health Centre</p>
<p>Building and Strengthening Resilience</p> <p>This course aims to help participants understand what is meant by resilience and help acknowledge their own resilience as well as build on strategies to improve resilience.</p> <p>Topics covered include:</p> <ul style="list-style-type: none"> • Recognising resilience • Understanding self-awareness • Developing a resilience plan 	<p>11th February 2025</p>	<p>10 am – 1 pm</p>	<p>Haven Close, St. Luke's Hospital, Armagh</p>
<p>Understanding and Managing Anxiety <i>(Please note this course is fully-booked but we do have a waiting list in case of cancellations)</i></p> <p>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.</p> <p>Topics covered include:</p> <ul style="list-style-type: none"> • What is anxiety? • Types of anxiety and how anxiety can affect our functioning. • Thoughts and unhelpful thinking styles • Developing Self-Awareness • Introduce some techniques to help you manage your anxiety <p>*Please note attendance at both sessions is required</p>	<p>13th and 20th February 2025</p>	<p>10 am – 1 pm</p>	<p>Banbridge Health Centre</p>

<p>WRAP Information Session</p> <p>WRAP (Wellness Recovery Action Plan) is a simple but powerful approach for creating the life and wellness you want. Have you heard about WRAP but always wondered what it entails? Then attend this Information Session to find out more.</p>	<p>17th February 2025</p>	<p>2-4 pm</p>	<p>Online via Microsoft Teams</p>
<p>Understanding and Managing Low Mood/Depression</p> <p>This course aims to give you the knowledge required to understand the impact of and key issues surrounding Low Mood and Depression and ways in which to manage it.</p> <p>Topics covered include:</p> <ul style="list-style-type: none"> • To understand what Depression is • To understand possible causes, signs and symptoms • To discuss the impact of Depression • To be aware of evidence based and recommended treatments and supports for depression. • To discuss how to ask for help and how to access it. • To learn strategies for keeping ourselves well. <p>*Please note attendance at both sessions is required</p>	<p>18th and 25th February 2025</p>	<p>10 am – 1 pm</p>	<p>Haven Close, St. Luke's Hospital, Armagh</p>
<p>Building a Healthy Self-Esteem</p> <p>This course will empower you to harness the power of your thoughts and beliefs to change how you feel about yourself.</p> <p>Topics covered include:</p> <ul style="list-style-type: none"> • What is self-esteem • What affects our self-esteem? • Practical ways to build our self-esteem. 	<p>24th February 2025</p>	<p>10 am – 12 noon</p>	<p>Online via Microsoft Teams</p>

<p>Practising Self-Care</p> <p>This course explores the culture of self-care; its value and benefits; and suggests how to incorporate it into your daily life.</p> <p>Topics covered are:</p> <ul style="list-style-type: none"> • What does self-care mean to you? • Understanding resilience • Tips and strategies in how to practice self-care that works for you. 	<p>27th February 2025</p>	<p>10 am – 1 pm</p>	<p>Banbridge Health Centre</p>
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To register your interest in any of the above courses please get in touch using the contact details below:

Tel: 02837561938

Email: Recovery.college@southerntrust.hscni.net

Alternatively you can use the below link to register your interest:

[Recovery College Register Form | Southern Health & Social Care Trust \(hscni.net\)](#)