



Southern Trust Recovery College

Wellbeing education for everyone

Upcoming Courses

Course Title	Date/s	Time	Venue
<p>Practising Self-Care 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. 	3 rd March 2025	2-4 pm	Online via Microsoft Teams
<p>Top Tips for Anxiety This course will provide you with some simple strategies and top tips to help you understand and manage your anxiety.</p> <p>Topics covered include:</p> <ul style="list-style-type: none"> • Understand what Anxiety is and how it can impact us. • Implement strategies to help manage your Anxiety. <p>*Limited availability</p>	6 th March 2025	10 am – 1 pm	Boardroom, Jethro Centre, Lurgan
<p>Top Tips for Anxiety</p>	11 th March 2025	10 am – 12 noon	Online via Microsoft Teams

Course Title	Date/s	Time	Venue
<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. 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 4 sessions is required*</p>	<p>12th, 19th and 26th March; & 2nd April 2025</p>	<p>10 am – 2 pm</p>	<p>Boardroom, Tower Hill, Armagh</p>
<p>Wellness Toolbox</p> <p>This course explores the theme of ‘wellness’ and what it means to you:</p> <p>Topics covered are:</p> <ul style="list-style-type: none"> • What am I like when I am well? • Recognising and identifying what wellness tools that work best for you • Explore other potential wellness activities • Developing your own ‘Wellness Toolbox’ <p>*Limited availability</p>	<p>13th March 2025</p>	<p>10 am – 1 pm</p>	<p>Boardroom, Jethro Centre, Lurgan</p>
<p>Discover the Recovery College & Wellness Toolbox</p> <p>Mental wellbeing is fundamental to a strong recovery and keeping ourselves well. This course will introduce you to the Recovery College and its key principles. It also provides a taster session of our ‘Wellness Toolbox’ programme.</p>	<p>18th March 2025</p>	<p>10 am – 12 noon</p>	<p>Conference Room, Dungannon Enterprise Centre</p>

Course Title	Date/s	Time	Venue
<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>*Limited availability</p>	<p>20th March 2025</p>	<p>10 am – 1 pm</p>	<p>Boardroom, Jethro Centre, Lurgan</p>
<p>Top Tips for Anxiety</p>	<p>25th March 2025</p>	<p>9.30 am – 12.30 pm</p>	<p>Conference Room, Dungannon Enterprise Centre</p>
<p>Understanding Trauma</p> <p>This introductory course is for those who have experienced trauma or for those who are living with/helping someone who has suffered a traumatic event. The aim of the course is to provide an overview of how traumatic events can impact on a person's mind and body' and outlines the support that is available locally.</p> <p>Topics covered include:</p> <ul style="list-style-type: none"> • Explore the meaning of Trauma • Look at what is normal in the aftermath of a traumatic experience • Explain with Post Traumatic Stress Disorder (PTSD) is and its symptoms <p>*Please note that this course is not intended to replace Trauma Therapy</p> <p>*Fully booked – waiting list in place in case of cancellations</p>	<p>27th March 2025</p>	<p>10 am – 1 pm</p>	<p>Boardroom, Jethro Centre, Lurgan</p>

Course Title	Date/s	Time	Venue
<p data-bbox="70 174 485 210">Understanding Menopause</p> <p data-bbox="70 246 632 537">This course aims to provide you with up-to-date information about the menopause to increase understanding of the symptoms, causes and stages of Menopause and offers information on treatments and support available to inform and empower you during this transitional phase of your life.</p> <p data-bbox="70 573 376 609">Topics covered are:</p> <ul data-bbox="118 618 523 878" style="list-style-type: none"> • Stages of Menopause • Myths about Menopause • Signs and symptoms of Menopause • Self-Care Strategies • Treatments and supports available 	<p data-bbox="655 174 751 277">27th March 2025</p>	<p data-bbox="828 174 930 210">6-8 pm</p>	<p data-bbox="1075 174 1469 210">Online via Microsoft Teams</p>

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 \(hscni.net\)](#)