



Southern Trust Recovery College

Wellbeing education for everyone

Upcoming Courses

<p>Building a Healthy Self-Esteem</p> <p>This course will help you learn about self-esteem and the factors that impact on it. It will also empower you to harness the power of your thoughts and beliefs to change how you feel about yourself.</p>	<p>2nd September</p>	<p>12 noon – 2.30 pm</p>	<p>MS Teams</p>
<p>Writing for Self-Expression</p> <p>This course helps people to express their thoughts and feelings in writing and enhances mental wellbeing and personal resilience.</p> <p>*Please note attendance at all four sessions is required*</p>	<p>3rd, 10th, 17th, 24th September</p>	<p>11.30 am – 1 pm</p>	<p>Boardroom, Tower Hill, Armagh</p>
<p>Mindfulness</p> <p>Regular mindfulness practice can reduce stress, improve focus, and promote emotional well-being.</p>	<p>4th September</p>	<p>10-10.30 am</p>	<p>MS Teams</p>
<p>Tree of Life</p> <p>The 'Tree of Life' uses the metaphor of a tree to explore the strengths and resources we use throughout our life's journey.</p> <p>In this session you will use creativity to explore the elements of the Tree of Life; reflect on your own life story; and identify</p>	<p>11th September</p>	<p>10 am – 1 pm</p>	<p>Nautilus Centre, Kilkeel</p>

your strengths, values and skills to move forward in life.			
<p>Understanding & Managing Anxiety</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>*Please note attendance at both sessions is required*</p>	16 th and 23 rd September	10 am – 1 pm	Conference Room, Portadown Health Centre
<p>Nature Connections</p> <p>This course is an outdoor, guided practice, which engages all five senses – sight, sound, smell, touch and taste – to promote relaxation and overall wellbeing.</p>	18 th September	10.30 am – 12.30 pm	Gosford Forest Park, Armagh
<p>Understanding & Navigating Emotions</p> <p>The aim of this course is to increase awareness and understanding of emotions and feelings, what they are, and what they mean for us and others.</p> <p>*Please note attendance at both sessions is required*</p>	25 th September and 2 nd October	10 am – 1 pm	European Room, Moylinn House, Craigavon
<p>When Our Thoughts Get in Our Way</p> <p>Automatic Negative Thoughts (ANTs) can trigger unpleasant emotions that can impact on how we live our lives. Everyone experiences negative emotions, and we can't and shouldn't avoid them. It is however important to recognise our automatic negative thoughts to be aware of how they get in our way.</p> <p>This course will help you to explore strategies on how to identify, challenge and change our thoughts and promote wellbeing.</p>	30 th September	10 am – 1 pm	Boardroom, Jethro Centre, Lurgan

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 \(hscni.net\)](#)