



Southern Trust Recovery College

Wellbeing education for everyone

Upcoming Courses

<p>Mindfulness</p> <p>Regular mindfulness practice can reduce stress, improve focus, and promote emotional well-being.</p>	<p>3rd November 2025</p>	<p>10-10.30 am</p>	<p>Online via Microsoft Teams</p>
<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. This course will help you to explore strategies on how to identify, challenge and change our thoughts and promote wellbeing.</p>	<p>4th November 2025</p>	<p>1.30-4.30 pm</p>	<p>Conference Room, Dungannon Enterprise Centre</p>
<p>Understanding & Managing 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>6th and 13th November 2025 (course is split over the two dates)</p>	<p>1.30-4.30 pm</p>	<p>Meeting Room 3, Banbridge Health Centre</p>
<p>Introduction to Benefits</p> <p>The aim of this session is to increase knowledge and understanding of the benefits system.</p>	<p>12th November 2025</p>	<p>10 am – 11.30 am</p>	<p>Online via Microsoft Teams</p>

<p>Building & Strengthening Your Resilience</p> <p>This course aims to help participants understanding what is meant by resilience and help acknowledge their own resilience as well as build on strategies to improve resilience.</p>	<p>14th November 2025</p>	<p>10 am – 1 pm</p>	<p>Nautilus Centre, Kilkeel</p>
<p>Building Your Wellness Toolbox</p> <p>A wellness toolbox includes strategies, skills and resources that are accessible at any time to help an individual manage tough times and improve their mental and emotional wellbeing.</p> <p>This course will help you explore what ‘wellness’ means to you and identify your own wellness tools. It also has a creative element in which you will have the opportunity to build and decorate your own wellness toolbox to store your wellness tools. All materials will be provided.</p>	<p>17th & 24th November 2025 (course is split over the two dates)</p>	<p>10 am – 1 pm</p>	<p>Haven Close, St. Luke’s Hospital, Armagh</p>
<p>Getting the Most from Your Appointments</p> <p>This course will equip participants with the skills and knowledge to effectively prepare for, participate in, and follow-up on appointments.</p>	<p>18th November 2025</p>	<p>1-2.30 pm</p>	<p>Online via Microsoft Teams</p>
<p>Top Tips for Anxiety</p> <p>This course will provide you with some simple strategies and top tips to help you understand and manage your anxiety.</p>	<p>20th November 2025</p>	<p>12 noon – 2 pm</p>	<p>Online via Microsoft Teams</p>
<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>27th November and 4th December 2025 (course is split over the two dates)</p>	<p>10 am – 1 pm</p>	<p>Meeting Room, Haven Close, St. Luke’s Hospital, Armagh</p>

<p>Understanding Trauma from a Carer's Perspective</p> <p>This course provides information for those who are currently experiencing difficulties living with or understanding someone who has Post Traumatic Stress Disorder (PTSD) or some symptoms and behaviours that are linked to their experiences of trauma.</p>	<p>2nd December 2025</p>	<p>10 am – 1 pm</p>	<p>Boardroom, Jethro Centre, Lurgan</p>
<p>Mindfulness</p> <p>Join us for an online mindfulness session – an opportunity to pause, reflect and focus on your well-being.</p>	<p>3rd December 2025</p>	<p>2-2.30 pm</p>	<p>Online via Microsoft Teams</p>
<p>Mindful Self-Compassion</p> <p>This course explores what self-compassion is; how to cultivate self-compassion; and how to manage the internal critic. It also provides practical skills and techniques to integrate self-compassion into daily life, fostering resilience and well-being.</p>	<p>10th December 2025</p>	<p>10 am – 1 pm</p>	<p>Boardroom, Tower Hill, Armagh</p>
<p>Mindful Self-Compassion</p> <p>This course explores what self-compassion is; how to cultivate self-compassion; and how to manage the internal critic. It also provides practical skills and techniques to integrate self-compassion into daily life, fostering resilience and well-being.</p>	<p>11th December 2025</p>	<p>10 am – 1 pm</p>	<p>Nautilus Centre, Kilkeel</p>
<p>Mindful Self-Compassion</p> <p>This course explores what self-compassion is; how to cultivate self-compassion; and how to manage the internal critic. It also provides practical skills and techniques to integrate self-compassion into daily life, fostering resilience and well-being.</p>	<p>15th December 2025</p>	<p>10 am – 1 pm</p>	<p>WIN Business Park, Newry</p>
<p>Christmas Chat and Connect</p> <p>This festive coffee morning provides an opportunity to socialise and have an informal chat, discussing a variety of topics to improve our sense of wellbeing at Christmas. This is a social and gentle group and all are welcome.</p>	<p>16th December 2025</p>	<p>10.30 am – 12.30 pm</p>	<p>Haven Close, St. Luke's Hospital, Armagh</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 \(hscni.net\)](#)