



Southern Trust Recovery College
Wellbeing education for everyone

Upcoming Courses – June 2026

Course Title	Date/s	Time	Venue
<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>*Limited availability*</p>	1 st June 2026	10 am – 1 pm	Haven Close, St. Luke's Hospital Site, Armagh
<p>Understanding Obsessive Compulsive Disorder (OCD)</p> <p>This course will explore what Obsessive Compulsive Disorder (OCD) is and what it isn't. Students will learn about common misconceptions that are associated with the term OCD. We will explore potential signs and symptoms that someone might experience and look at strategies and treatment options that can support someone with OCD. The course is suitable for those who experience OCD and for those who would like to understand it better.</p>	3 rd June 2026	10 am – 1 pm	Promoting Wellbeing Room, St. Luke's Hospital Site, Armagh
<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> <p>*Limited availability*</p>	8 th June 2026	10.30 am – 12.30 pm	Oxford Island, Craigavon

Course Title	Date/s	Time	Venue
<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>	9 th June 2026	6 – 8 pm	Online via Microsoft Teams
<p>Chi Me & Mindfulness</p> <p>Chi Me is a gentle, light-intensity exercise class inspired by Tai Chi movements. It improves strength, mobility & balance as well as having a positive impact on our mental wellbeing. The class will end with a short mindfulness session. An opportunity to pause, reflect and focus on your well-being.</p> <p>*Limited availability*</p>	15 th June 2026	10.30 am – 12 noon	Jethro Centre, Lurgan
<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>	16 th June 2026	11 am – 1 pm	Online via Microsoft Teams
<p>Mindfulness</p> <p>Regular mindfulness practice can reduce stress, improve focus, and promote emotional well-being.</p>	22 nd June 2026	12.30 – 1.15 pm	Online via Microsoft Teams

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 (if you aren't already registered with the College):

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