



Upcoming Courses – September 2026

Course Title	Date/s	Time	Venue
Nature Connections Nature Connection is an outdoor, guided practice, which engages all five senses – sight, sound, smell, touch and taste – to promote relaxation and overall wellbeing. A nature connections programme includes mindful walks, nature journalling and sensory immersion exercises.	7 th September 2026	10.30 am – 12.30 pm	Peatlands Park, Dungannon
Practising Self-Care & Mindfulness This course explores the culture of self-care; its value and benefits; and suggests how to incorporate it into your daily life. We will also practice some mindfulness to promote emotional wellbeing.	9 th September 2026	1-3.30 pm	Online via Microsoft Teams

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Wellness Recovery Action Plan (WRAP) (*Please note this course is fully-booked but we have a waiting list in the event of any cancellations*) 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. *Please note attendance at both sessions is required	11th and 18th September 2026	9.30 am – 4.30 pm	Promoting Wellbeing Room, St. Luke's Hospital Site, Armagh
Writing for Self-Expression This course helps people to express their thoughts and feelings in writing and enhances mental wellbeing and personal resilience. Through the shared reading and discussion of a poem, we reflect on how words affect us, and how writing can capture a mood, feeling or memory. We then encourage participants to do their own writing, listen to what participants have written (if they wish to share), and discuss how writing can produce new insights, and change the way we think about ourselves and each other. No writing experience is required. *Please note attendance at all four sessions is required	14th, 21st & 28th September and 5th October	11.30 am – 1 pm	Seagoe Parish Centre, Portadown

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Understanding & Managing Depression 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. *Please note attendance at both sessions is required	24th September and 1st October	10 am – 1 pm	Newry Leisure Centre

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 \(hscni.net\)](#)