



Belfast Recovery College Course Programme February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1 COMMUNICATION & ASSERTIVENESS SKILLS (9:30am – 1:30pm)	2 WALKING GROUP (12:30pm – 2:30pm)
5 IT FOR THE TERRIFIED (10am – 12pm)	6 ESA AND UNIVERSAL CREDIT (10am – 12pm) LIVING WITH ANXIETY (1pm – 3:30pm) MS TEAMS	7 GETTING A GOOD NIGHT'S SLEEP (2pm – 4pm)	8 LIVING WITH PERSONALITY DISORDER (09:30am – 1pm)	9 WALKING GROUP (12:30pm – 2:30pm)
12 IT FOR THE TERRIFIED (10am – 12pm)	13	14 UNDERSTANDING GRATITUDE (1pm – 4pm)	15 MEETING PEOPLE AND MAKING FRIENDS (10am – 1pm)	16 WALKING GROUP (12:30pm – 2:30pm)
19 IT FOR THE TERRIFIED (10am – 12pm)	20	21 UNDERSTANDING SUBSTANCE MISUSE (10am – 1pm)	22 MONEY MANAGEMENT (10am – 12pm)	23 BOOK CLUB (10am – 12pm) WALKING GROUP (12:30pm – 2:30pm)
26 THE ART OF CREATIVITY & WELLBEING (10am – 1pm) EXPRESSIVE WRITING (2:30pm – 4pm)	27 LIVING WITH DEPRESSION (10am – 3pm)	28 WRAP (2 day course) (9:30am – 4:30pm)	29 WRAP (2 day course) (9:30am – 4:30pm)	

All courses are free for anyone to apply over 16 years of age.

Courses take place at
Belfast Recovery College,

Lanyon Building, 10 North Derby Street, Belfast BT15 5HL

or online via webinar /MS TEAMS

To become a student and enrol on a course
Email: recoverycollege@belfasttrust.hscni.net

Phone: 028 9504 3059
QR code

