



Belfast Recovery College Course Programme March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
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4 THE ART OF CREATIVITY & WELLBEING (10am – 1pm) EXPRESSIVE WRITING (2:30pm – 4pm)	5 LIVING WITH ANXIETY (10am – 1pm) AN INTRODUCTION TO SELF CARE (2pm – 4pm)	6 VOLUNTEERING WELLBEING AND ME (2pm – 4.30pm)	7 MOVEMENT AND MOOD (10am – 12pm)	8
11	12 COMPASSION FATIGUE (10am – 12.30pm) EXPRESSIVE WRITING (2:30pm – 4pm)	13 WRAP (2 day course) (9:30am – 4:30pm)	14 WRAP (2 day course) (9:30am – 4:30pm)	15 LIVING WITH PSYCHOSIS (11.30am – 12:30pm) MS TEAMS
18	19 THE ART OF CREATIVITY & WELLBEING (10am – 1pm) EXPRESSIVE WRITING (2:30pm – 4pm)	20 PERSONAL INDEPENDENT PAYMENTS (PIPS) (10am – 1pm) MS TEAMS	21 LW SELF HARM (10am – 1pm) MS TEAMS	22 LIVING WITH SCHIZOPHRENIA (2pm - 3:30pm) MS TEAMS
25 TOP TIPS FOR LOOKING AFTER YOURSELF (10am – 12pm)	26 BUILDING SELF ESTEEM (10am – 11.30am) MS TEAMS	27 LIVING WITH DEPRESSION (10am – 1pm) MS TEAMS	28 STRESS MANAGEMENT COURSE (2pm – 4.30pm)	29 BOOK CLUB (11am – 12.30pm) MOVIE CLUB (1pm – 3:30pm)

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

