

TRAINING, LEARNING & EDUCATION OPPORTUNITIES

Belfast Community of Interest Training & Education Subgroup

Course / Programme	Date, Time, Venue	Who's it for?	Registration
<p>Belfast Recovery College Prospectus</p> <p><i>Delivered by Recovery College Peer Educators</i></p>	<p>Ongoing Programme of free Training for members of the community in Belfast</p> <p>Both online and face-to-face</p>	<p>Recovery College courses include:</p> <p>Wellness Recovery Action Planning (WRAP); Living with Anxiety; Compassion Fatigue; Top Tips for Looking After Yourself; Living with Self Harm; Living with Personality Disorder</p>	<p>Tel: 028 9504 3059 or Email the College</p>
<p>Self-Compassion: Why The Way We Talk to Ourselves Matters</p> <p><i>Delivered by South Eastern & Western Health and Social Care Trusts</i></p>	<p>19th June 2024 10AM to 1:00 PM</p> <p>Via Zoom</p>	<p>There is good evidence that practicing self compassion can improve mental well-being. This workshop is open to anyone over 18 and will introduce self-compassion to participants, what it is and how to make the most of it, create the opportunity to experience some self-compassion exercises and offer some tools to keep the work going after the workshop.</p>	<p>Email ed.sipler@setrust.hscni.net to register</p>
<p>Building Our Children's Developing Brains</p> <p><i>Delivered by South Eastern & Western Health and Social Care Trusts</i></p>	<p>25th June 2024 10AM to 1:00 PM</p> <p>Via Zoom</p>	<p>Building Our Children's Developing Brain is about supporting parents/carers to strengthen their children's emotional awareness and self-regulation.</p> <p>The session will equip you with a range of tools, simple techniques and practical strategies which you can then use with confidence. Additionally, you will have access to a booklet and page tiger platform which can be shared with families.</p>	<p>Email ed.sipler@setrust.hscni.net to register</p>
<p>Making Our Nervous System Work For Us- Using the Polyvagal Theory to Improve Well-Being</p> <p><i>Delivered by South Eastern & Western Health and Social Care Trusts</i></p>	<p>18th June 2024 10am—1pm</p> <p>Via Zoom</p>	<p>In this workshop, participants will increase learning about our nervous system, the role of the Vagus nerve, and the Polyvagal Theory.</p> <p>With an on-line version of the workbook, it will enable using this material with service users, with exercises to help to improve self-regulation This work is psycho-education to present information and introduce self help that is up to the participants how they make use of it.</p>	<p>Email ed.sipler@setrust.hscni.net to register</p>

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<p>Making Our Nervous System Work For Us- Using the Polyvagal Theory to Improve Well-Being</p> <p><i>Delivered by South Eastern & Western Health and Social Care Trusts in partnership with ASCERT</i></p>	<p>Tuesday 16th January</p> <p>10am - 1pm</p> <p>Via Zoom</p>	<p>To mark Autistic Pride Day – a day to recognise and embrace their unique strengths, we are exploring what the Polyvagal Theory has to offer us all, whether we are somewhere on the autistic spectrum or not.</p> <p>In this workshop, participants will increase learning about our nervous system, the role of the Vagus nerve, and the Polyvagal Theory.</p> <p>With an on-line version of the workbook, it will enable using this material with service users, with exercises to help to improve self-regulation This work is psycho-education to present information and introduce self help that is up to the participants how they make use of it.</p>	<p>Email ed.sipler@setrust.hscni.net to register</p>

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