



Southern Trust Recovery College

Wellbeing education for everyone

## Upcoming Courses

Course Title	Date/s	Time	Venue
<p>Finding Hope after Bereavement</p> <p>Coping with the loss of someone or something you love is one of life's toughest challenges. This course aims to support those coming to terms with bereavement and grief.</p> <p><b>Topics covered include:</b></p> <ul style="list-style-type: none"> <li>• The feelings of grief</li> <li>• Coping with grief</li> <li>• Learning how to talk about it</li> <li>• How to navigate the path.</li> </ul>	1 <sup>st</sup> May 2025	1.30 – 4.30 pm	European Room, Moylinn House, Craigavon
<p>Wellness Recovery Action Plan (WRAP)</p> <p>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.</p> <p><b>*Please note attendance at all four sessions is required</b></p>	2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> and 23 <sup>rd</sup> May 2025	10.30 am – 2.30 pm	European Room, Moylinn House, Craigavon

Course Title	Date/s	Time	Venue
<p>Understanding &amp; Managing Bipolar</p> <p>This programme provides students with the opportunity to gain or revise their knowledge and understanding of Bipolar Disorder; and offers them support in the development of strategies and self-management activities.</p> <p><b>Topics covered include:</b></p> <ul style="list-style-type: none"> <li>• Introduction to Bipolar Disorder</li> <li>• Exploring the symptoms of bipolar disorder</li> <li>• Exploring wellness tools</li> <li>• Developing an action plan</li> </ul> <p><b>*Please note attendance at both sessions is required</b></p>	6 <sup>th</sup> and 13 <sup>th</sup> May 2025	10 am – 1 pm	Banbridge Health Centre
<p>Wellness Recovery Action Plan (WRAP)</p> <p>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.</p> <p>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.</p> <p><b>*Please note attendance at all six sessions is required</b></p>	7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup> May; & 4 <sup>th</sup> , 11 <sup>th</sup> June 2025	9.30 am – 12.30 pm	Dungannon Enterprise Centre
<p>Understanding &amp; Managing Anxiety</p> <p>This course aims to give you the knowledge required to understand the impact of and key issues surrounding Anxiety and ways in which to manage it.</p> <p><b>Topics covered include:</b></p> <ul style="list-style-type: none"> <li>• What is anxiety?</li> <li>• Types of anxiety and how anxiety can affect our functioning.</li> <li>• Thoughts and unhelpful thinking styles</li> </ul>	8 <sup>th</sup> and 15 <sup>th</sup> May 2025	10 am – 1 pm	Haven Close, St. Luke's Hospital, Armagh

<ul style="list-style-type: none"> <li>• Developing Self-Awareness</li> <li>• Introduce some techniques to help you manage your anxiety</li> </ul> <p><b>*Please note attendance at both sessions is required</b></p>			
<p><b>Living with Psychosis</b></p> <p>The aim of this session is to gain or revise knowledge and understanding of psychosis, so that students will reflect and engage positively in an individual's recovery journey.</p> <p><b>Topics covered include:</b></p> <ul style="list-style-type: none"> <li>• What is psychosis?</li> <li>• Symptoms of psychosis.</li> <li>• Recommended treatment.</li> <li>• Supporting a loved one with psychosis.</li> <li>• Strategies for keeping well.</li> </ul>	14 <sup>th</sup> May 2025	1-4 pm	Haven Close, St. Luke's Hospital, Armagh
<p><b>Building &amp; Strengthening Your Resilience</b></p> <p>This course aims to help participants understand what is meant by resilience and help acknowledge their own resilience as well as build on strategies to improve resilience.</p> <p><b>Topics covered include:</b></p> <ul style="list-style-type: none"> <li>• Recognising resilience</li> <li>• Understanding self-awareness</li> <li>• Developing a resilience plan</li> </ul>	20 <sup>th</sup> May 2025	10 am – 1 pm	Banbridge Health Centre
<p><b>Practising Self-Care</b></p> <p>This course explores the culture of self-care; its value and benefits; and suggests how to incorporate it into your daily life.</p> <p><b>Topics covered are:</b></p> <ul style="list-style-type: none"> <li>• What does self-care mean to you?</li> <li>• Understanding resilience</li> <li>• Tips and strategies in how to practice self-care that works for you.</li> </ul>	22 <sup>nd</sup> May 2025	10 am – 1 pm	Haven Close, St. Luke's Hospital, Armagh

Course Title	Date/s	Time	Venue
<p data-bbox="68 174 368 210">Compassion Fatigue</p> <p data-bbox="68 248 655 501">Compassion fatigue is an emotional and physical burden created by the trauma of helping others in distress. This course looks at the symptoms and stages in Compassion Fatigue and highlights self-management strategies that can be employed to maintain wellness.</p> <p data-bbox="68 539 376 575"><b>Topics covered are:</b></p> <ul data-bbox="118 580 638 763" style="list-style-type: none"> <li>• What is compassion fatigue?</li> <li>• Recognising the signs and symptoms of compassion fatigue</li> <li>• Identifying strategies to support and manage compassion fatigue</li> </ul>	<p data-bbox="694 174 823 241">27<sup>th</sup> May 2025</p>	<p data-bbox="885 174 1031 241">10 am – 1 pm</p>	<p data-bbox="1074 174 1353 210">Tower Hill, Armagh</p>
<p data-bbox="68 806 512 842">Understanding Traumatic Grief</p> <p data-bbox="68 880 651 1021">This course is for those who have experienced a traumatic bereavement or for those who are living with/helping someone after a traumatic bereavement.</p> <p data-bbox="68 1059 655 1245">The aim of the course is to provide an overview of how suffering a traumatic bereavement can impact on a person's mind and body; and outlines support that is available locally.</p> <p data-bbox="68 1249 635 1317"><b>*Please note that this course is not intended to replace Trauma Therapy.</b></p> <p data-bbox="68 1355 440 1391"><b>Topics covered include:</b></p> <ul data-bbox="118 1395 606 1579" style="list-style-type: none"> <li>• What usually happens after a bereavement or loss.</li> <li>• Understanding a complex grief disorder.</li> <li>• What help is available.</li> </ul>	<p data-bbox="694 806 823 873">29<sup>th</sup> May 2025</p>	<p data-bbox="885 806 1031 873">10 am – 1 pm</p>	<p data-bbox="1074 806 1433 842">Banbridge Health Centre</p>
<p data-bbox="68 1624 627 1659">Past, Present &amp; Future – Art Reflection</p> <p data-bbox="68 1697 655 1800">In this 4-week art workshop, we will explore various themes following the overarching idea of our recovery journey.</p> <p data-bbox="68 1839 655 2092">We will reflect on our past, present and future while maintaining a positive mindset. No one has to share their lived experiences with the group if they do not wish to do so, but instead, use the space and art making as a time to self-reflect, explore and practice mindful positivity.</p>	<p data-bbox="694 1624 836 1727">29<sup>th</sup> May, 5<sup>th</sup>, 12<sup>th</sup> &amp; 19<sup>th</sup> June</p>	<p data-bbox="885 1624 1046 1691">10.30 am – 12.30 pm</p>	<p data-bbox="1074 1624 1422 1691">Haven Close, St. Luke's Hospital, Armagh</p>

<p>By the end of the 4 weeks, each person will leave with a box that includes all their art they created. *No art experience is necessary.</p> <p><b>*Please note participants are required to attend all four sessions</b></p>			
<p>Wellness Toolbox</p> <p>This course explores the theme of 'wellness' and what it means to you.</p> <p><b>Topics covered include:</b></p> <ul style="list-style-type: none"> <li>• What am I like when I am well?</li> <li>• Recognising and identifying what wellness tools that work best for you</li> <li>• Exploring other potential wellness activities</li> <li>• Developing your own 'Wellness Toolbox'</li> </ul>	3 <sup>rd</sup> June 2025	10 am – 12 noon	Online via Microsoft Teams
<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> <p><b>Topics covered include:</b></p> <ul style="list-style-type: none"> <li>• Understand why sleep is important</li> <li>• Describe the sleep cycle</li> <li>• Recognise barriers to getting a good sleep</li> <li>• Identify and implement tips for a good night's sleep</li> </ul>	17 <sup>th</sup> June 2025	2-4 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](mailto:Recovery.college@southerntrust.hscni.net)

Alternatively you can use the below link to register your interest:

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