Southern Health and Social Care Trust
TOGETHER, IMPROVING CARE, TRANSFORMING LIVES

HOPE OPPORTUNITY CONTROL
Recovery and Wellness College
SHSCT

Southern Trust Recovery College
Wellbeing education for everyone

Upcoming Courses – November 2026

Course Title	Date/s	Time	Venue
When Our Thoughts Get in Our Way This course will help you to explore strategies on how to identify, challenge and change our thoughts and promote wellbeing.	2nd November 2026	1-3.30 pm	Online via Microsoft Teams
Past, Present & Future: Art Reflection ***Please note this course is fully-booked – but we have a waiting list in case of cancellations*** In this 3-week art workshop, we will explore various themes following the overarching idea of our recovery journey. We will reflect on our past, present and future while maintaining a positive mindset. Participants are encouraged to use the space and art making as a time to self-reflect, explore and practice mindful positivity. *No art experience is necessary. *Please note attendance at all three sessions is required	3rd, 10th and 17th November 2026	10.30 am – 12.30 pm	AmmA Centre, Market Street, Armagh

Course Title	Date/s	Time	Venue
Understanding the Benefits System This introductory workshop will increase knowledge and understanding of the benefits system – and identify what help is available to you.	4th November 2026	11 am – 1 pm	Ballybot House, Newry
Mindfulness Join us for an online mindfulness session – an opportunity to pause, reflect and focus on your well-being.	5th November 2026	12.30-1.15 pm	Online via Microsoft Teams
Wellness Recovery Action Plan (WRAP) ***Please note this course is fully-booked – but we have a waiting list in case 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	9th and 16th November 2026	9.30 am – 4.30 pm	Newry Leisure Centre
Understanding & Navigating Emotions The aim of this course is to increase awareness and understanding of emotions and feelings, what they are and what they mean for us and others. *Please note attendance at both sessions is required	12th and 19th November 2026	10 am – 1 pm	Lilac Centre, Coalisland

Course Title	Date/s	Time	Venue
Understanding Traumatic Grief ***Please note this course is fully-booked – but we have a waiting list in case of any cancellations*** This course is for those who have experienced a traumatic bereavement or for those who are living with/helping someone after a traumatic bereavement. 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. *Please note that this course is not intended to replace Trauma Therapy	23rd November 2026	10 am – 1 pm	Haven Close, St. Luke's Hospital Site, Armagh
Drumming for Wellness ***Please note this course is fully-booked – but we have a waiting list in case of any cancellations*** Discover the therapeutic power of rhythm in this two-week wellness workshop. This course explores how group drumming can support your everyday mental well-being. Over two sessions, you will explore simple percussion techniques in a supportive and relaxed environment. *No prior musical experience is required. Drums will be provided. *Please note attendance at both sessions is required	25th November and 2nd December 2026	10 am – 12 noon	Jethro Centre, Lurgan

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)