



Southern Trust Recovery College

Wellbeing education for everyone

Upcoming Courses

Mindfulness Regular mindfulness practice can reduce stress, improve focus, and promote emotional well-being.	3rd October 2025	1-1.30 pm	Online via Microsoft Teams
Building & Strengthening Your Resilience This course aims to help participants understanding what is meant by resilience and help acknowledge their own resilience as well as build on strategies to improve resilience.	6th October 2025	10 am – 12.30 pm	Online via Microsoft Teams
Understanding Addictions The aim of this course is to increase knowledge and understanding around the area of substance misuse/addiction.	7th October 2025	10 am – 1 pm	Haven Close, St. Luke's Hospital, Armagh
Wellness Recovery Action Plan (WRAP) 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.	1st, 8th, 15th, 22nd, 29th October & 5th November 2025	10 am – 1 pm	WALD Centre, Cullyhanna (fully-booked – waiting list created)

It also includes plans for responses from others when you cannot make decisions, take care of yourself, or keep yourself safe.			
Understanding Menopause This course aims to provide you with up-to-date information about the menopause to increase understanding of the symptoms, causes and stages of Menopause. It also offers information on treatments and support available to inform and empower you during this transitional phase of your life.	13 th October 2025	6.30-8.30 pm	Online via Microsoft Teams
Volunteer Awareness Session The Southern Trust Recovery College works to empower those with experience of mental health illness to realise their potential and foster hope, opportunity and control. Have you had a positive recovery journey? Could you spare a few hours a month to help others in their recovery journey?	14 th October 2025	7-8 pm	Online via Microsoft Teams
Living with Psychosis The aim of the 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.	16 th October 2025	10 am – 1 pm	European Room, Moylinn House, Craigavon
Building a Healthy Self-Esteem This course will help you learn about self-esteem and the factors that impact on it. It will also empower you to harness the power of your thoughts and beliefs to change how you feel about yourself.	17 th October 2025	10 am – 1 pm	Nautilus Centre, Kilkeel
When Our Thoughts Get in Our Way Automatic Negative Thoughts (ANTs) can trigger unpleasant emotions that can impact on how we live our lives. Everyone experiences negative emotions, and we can't and shouldn't avoid them. It is however important to recognise our automatic negative thoughts to be aware of how they get in our way. This course will help you to explore strategies on how		10 am – 1 pm	WIN Business Park, Newry (fully-booked – waiting list created)

to identify, challenge and change our thoughts and promote wellbeing.			
Understanding Trauma The aim of this course is to provide an overview of how traumatic events can impact on a person's mind and body; and outlines the support that is available locally.	21 st October 2025	10 am – 1 pm	Portadown Health Centre (fully-booked – waiting list created)

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:

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