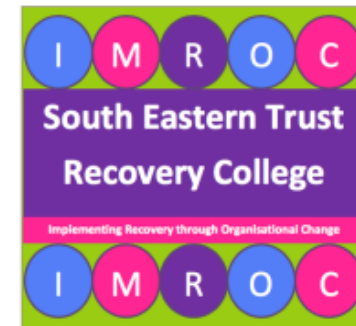


South Eastern Recovery College Online Course Timetable June 2020



<u>Course</u>	<u>Date</u>	<u>Time</u>
Caring for Carers	9 th June	2.00pm - 3.00pm
The Decider Training	Coming Soon- please contact the office	
Building Resilience	2 nd , 3 rd & 4 th June	11.30am - 12.30pm
Positive Steps	22 nd , 23 rd & 24 th June 29 th , 30 th & 1 st July	2.30pm - 3.30pm
A New Me: Life After Brain Injury	9 th , 10 th & 11 th June	11.00am - 12noon
Living with Autism	Coming Soon- please contact the office	
Understanding Sleep for Recovery	15 th - 16 th June	6.30pm - 7.30pm
What is Recovery	22 nd June	6.30pm - 7.30pm
Finding Your Pace	16 th & 17 th June	2.00pm - 3.00pm
Reading for Recovery	25 th June, 2 nd & 9 th July	10.00am-11.00am
Self-Advocacy	Coming Soon- please contact the office	
Coffee & Connect	Friday Mornings	10.30am – 11.00am

Interested in a course?

Get in touch to register today -

Call: 028 91413872

Email: recovery.college@setrust.hscni.net

