

A project supported by the European Union's INTERREG VA Programme, managed by the Special EU Programmes Body



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DONEGAL		
Course	Date & time	Venue
Understanding depression	Friday 16 November 10.30am – 12.30pm	Lakeside Centre, Ballyshannon
Managing Setbacks	Wednesday 28 November 10.30am – 12.30pm	Lakeside Centre, Ballyshannon
Learning to Like Yourself	Wednesday 21 November 1.30pm – 3.30pm	Bundoran Community Centre
Introducing and Exploring Mindfulness	Tuesday 2 & Tuesday 9 October 10am – 12noon (2 wks)	Motley Crow, Letterkenny
Getting a Good Night's Sleep	Tuesday 23 October 1.30pm – 3.30pm	Motley Crow, Letterkenny
Living With and Managing Anxiety	Tuesday 30 October 1pm – 4pm	Motley Crow, Letterkenny
WRAP	Thursday 15 & Thursday 22 November 10.30am – 4pm	Lifford Court House
Money Matters	Tuesday 9 October 11am – 1pm	Serenity House, Moville
Introduction to Recovery	Thursday 25 October 1.30pm – 3.30pm	Serenity House, Moville

DERRY/LONDONDERRY		
Coaching Skills for Health and Wellbeing	Tuesday 16 October 10.00am – 1.00pm	Central Library, Derry
Learning to Like Yourself	Tuesday 23 October 10.30am – 12.30pm	Central Library, Derry
Finding Your Voice	Tuesday 30 October 10.30am – 12.30pm	Central Library, Derry
Understanding Depression	Tuesday 6 November 10.30am – 12.30pm	Central Library, Derry
WRAP	Tuesday 2 & Tuesday 9 October 10.30am – 4pm	Holywell DCCP, Bishop Street, Derry
Managing Difficult Emotions	Thursday 8 - Thursday 29 November 2pm – 4pm (4 wks)	Holywell DCCP, Bishop Street, Derry
Manage Your Panic	Wed 14 November 10:30am-12:30pm	Holywell DCCP, Bishop Street
Living Well With Bipolar	Tuesday 20 November 10am – 1pm	Holywell DCCP, Bishop Street

STRABANE		
Money Matters	Thursday 4 October 11am – 1pm	Melvin Sports Complex
Living Well With Bipolar	Thursday 11 October 11am – 2pm	Melvin Sports Complex
Living Beyond Depression and Low Mood	Thursday 18 October 11am – 2pm	Melvin Sports Complex
Asserting Yourself	Thursday 25 October 11am – 1pm	Melvin Sports Complex
Getting Involved in Co-Production	Thursday 29 November 11am – 2pm	Melvin Sports Complex
Exploring Your Options	Thursday 6 December 11am – 2pm	Melvin Sports Complex

Customised recovery courses also available