



Mental Health Awareness Week



With mental health awareness in mind why not drop into one of the free sessions the iRecovery College Western Hub is hosting in May as follows:

Tuesday 14 th May 10.30am-12.30pm, Central Library Derry/Londonderry	Asserting Yourself
Wednesday 15 th May 2-4pm, Central Library, Letterkenny	Managing Setbacks
Friday 17 th , 24 th & 31 st May 10-11am, Letterkenny Town park	Walk to Wellness
Tuesday 21 st May 10am-1pm, Central Library, Derry/Londonderry	Living Well with Psychosis
Wednesday 29 th May 10am-1pm, Roe Valley Centre, Limavady	Living with and managing anxiety
Thursday 30 th May & 6 th June 10.30am-4pm, Holywell Trust, Bishop St. Derry/Londonderry	WRAP (2 Day-Wellness Recovery Action Planning)

Please contact the hub for enrolment details and more information on 02871 296183 or from ROI 04871 296183 or email recoverycollegewest@westerntrust.hscni.net

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

