



Peer Learning Courses Timetable

The Peer Learning Courses run every **Monday, 5.30pm – 7.30pm**

Please see below for information about the topics that will be running during 2022:

Dates	Topics
16th May	Introduction to Wellbeing
23rd May	Emotional Resilience
30th May	Building Self-Esteem
6th June	Understanding Self-Compassion: Day 1
13th June	Practicing Self-Compassion: Day 2
20th June	Understanding Anger
27th June	Assertiveness
4th July	Mental Health & Pain
11th July	Mental Health & Nutrition
18th July	Understanding Low Mood and Depression
25th July	Overcoming Anxiety & Fear
1st August	Mindfulness & Relaxation
8th August	Learning to Accept Change and Uncertainty
15th August	Mental Health and Work
22nd August	Isolation & Loneliness
5th September	Building Positive Relationships
12th September	Sleep Well
19th September	Hope