

STAY HEALTHY AT HOME SCHEDULE (MAY 2020)

BOOST YOUR WELLBEING AT HOME

In line with the current government guidelines to Stay at Home, our Suicide Prevention Development Officer has put together this selection of free online well-being classes to help you plan your well-being for the month of May. If you are feeling down or stressed we hope you may find something here to help you. If you have, or know of a class which you think people would enjoy then email Amanda Elliott, Suicide Prevention Development Officer, NACN & CRUN E: amanda@nacn.org

Course	Delivery	Date	Time	Enrolment
AWARE NI Introduction to Mindfulness	Zoom	Monday - Friday	Morning and afternoon sessions available each day	To register: https://www.aware-ni.org/intro-to-mindfulness
Mindfulness Connect Morning Meditations	Zoom	Every Monday Friday in May	7am - 7:30am	Join Zoom Meeting https://us02web.zoom.us/j/911876587?pwd=dFFCa3Zra0w3ekRsS3pFWDR1Mlhdsz09 Meeting ID: 911 876 587 Password: 645578
The Gathering Drum	Facebook	8th May 15th May	2:30pm - 3pm 2:30pm - 3pm	https://www.facebook.com/pg/maemurrayfoundation/events/
Saturday Morning Games for the Family	Facebook	9th May 16th May	11:30am 11:30am	https://www.facebook.com/pg/maemurrayfoundation/events/
Well Fest Live	Instagram Live	9th - 10th May	2 full days	https://www.wellfest.ie/community/wellfest-live?fbclid=IwAR1lmgP0tWoFdTVhGmlj0QFO7ApYY4v266yJAFv9srBLPmUvKmUAm3kZAIU
Living with Grief Self-Belief, Understanding Anxiety Zachary Geddis Break The Silence Trust	Zoom	11th May 18th May 25th May	12 noon 12 noon 12 noon	E: yasmin@zacharygeddisbreakthesilencetrust.org
Fun with Jo Jingles	Face book	11th May 18th May 25th May	2pm - 2:30pm 2pm - 2:30pm 2pm - 2:30pm	https://www.facebook.com/pg/maemurrayfoundation/events/
Stress Control - 6 sessions Session 1: What is Stress?	YouTube	11th May OR 12th May	2pm - 3:30pm or 8:30pm - 10pm 2pm - 3:30pm or 8:30pm - 10pm	https://stresscontrol.org/

Session 2: Controlling Your Body	YouTube	14th May OR 15th May	2pm - 3:30pm or 8:30pm - 10pm 2pm - 3:30pm or 8:30pm - 10pm	https://stresscontrol.org/
Session 3: Controlling Your Thoughts	YouTube	18th May OR 19th May	2pm - 3:30pm or 8:30pm - 10pm 2pm - 3:30pm or 8:30pm - 10pm	https://stresscontrol.org/
Session 4: Controlling Your Actions	YouTube	21st May OR 22nd May	2pm - 3:30pm or 8:30pm - 10pm 2pm - 3:30pm or 8:30pm - 10pm	https://stresscontrol.org/
Session 5 : Controlling Panicky Feelings / Getting a Good Night's Sleep	YouTube	25th May OR 26th May	2pm - 3:30pm or 8:30pm - 10pm 2pm - 3:30pm or 8:30pm - 10pm	https://stresscontrol.org/
Session 6: Boosting Your Wellbeing - Tying it all together - Controlling your Future	YouTube	28th May OR 29th May	2pm - 3:30pm or 8:30pm - 10pm 2pm - 3:30pm or 8:30pm - 10pm	https://stresscontrol.org/
Story Massage	Face book	12th May	3pm - 3:30pm	https://www.facebook.com/pg/maemurrayfoundation/events/
Maintaining My Wellness through COVID	Zoom	12th May	7pm - 7:30pm	T: 02871296183
Bee Mee Kidz Dance & Movement	Face book	13th May	2pm - 2:30pm	https://www.facebook.com/pg/maemurrayfoundation/events/
Innovation Recovery: Getting A Good Night's Sleep	Zoom	13th May	10:30am - 11am	T: 02871296183
Laughter Yoga	Face book	14th May 23rd May 30th May	3pm - 3:30pm 3pm - 3:30pm 3pm - 3:30pm	https://www.facebook.com/pg/maemurrayfoundation/events/
Innovation Recovery: The COVID Wellness Toolbox	Zoom	14th May	1pm - 1:30pm	T: 07767003866
The Gathering Drum	Face Book	8th May 15th May	2:30pm - 3pm 2:30pm - 3pm	https://www.facebook.com/pg/maemurrayfoundation/events/

Innovation Recovery: Introduction to Mindfulness	Zoom	15th May	11am - 11:30am	T: 07767003866
All Star Academy: The Peaceful Household for Parents of 5-10yr olds	Live Video Conferencing	23rd May OR 24th May	10am - 11:30am 9am - 10:30am	https://www.eventbrite.com/e/free-online-course-the-peaceful-household-for-parents-of-5-10-year-olds-tickets-103482256214?aff=ebdssbonlinebrowse
Baltimore Child Abuse Centre: The Impact of Historical Trauma & Oppression on Survivors	Seminar	14th May	10am - 11:30am	https://www.eventbrite.com/e/the-impact-of-historical-trauma-and-oppression-on-survivors-of-ipv-tickets-102939472734?aff=erelpanelorg
Baltimore Child Abuse Centre: Impact of Community Violence on Children & Youth	Seminar	21st May	10am - 11:30am	https://www.eventbrite.com/e/the-impact-of-historical-trauma-and-oppression-on-survivors-of-ipv-tickets-102939472734?aff=erelpanelorg
Baltimore Child Abuse Centre: Child Survivors of Homicide: Understanding Trauma & Building Resilience	Seminar	26th May	1pm - 2:30pm	https://www.eventbrite.com/e/the-impact-of-historical-trauma-and-oppression-on-survivors-of-ipv-tickets-102939472734?aff=erelpanelorg
Baltimore Child Abuse Centre: Vicarious Trauma & Building Resiliency	Seminar	28th May	10am - 11:30am	https://www.eventbrite.com/e/the-impact-of-historical-trauma-and-oppression-on-survivors-of-ipv-tickets-102939472734?aff=erelpanelorg
Oxford Home Study offers a range of Free online certified provision inc life coaching, weight control, diet & nutrition	Online Courses	Open	Open	https://www.oxfordhomestudy.com/free-online-courses-with-certificates

Information correct at time of publishing but is subject to change

