

# 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](mailto: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: <a href="https://www.aware-ni.org/intro-to-mindfulness">https://www.aware-ni.org/intro-to-mindfulness</a>
Mindfulness Connect Morning Meditations	Zoom	Every Monday Friday in May	7am - 7:30am	Join Zoom Meeting <a href="https://us02web.zoom.us/j/911876587?pwd=dFFCa3Zra0w3ekRsS3pFWDR1Mlhdsz09">https://us02web.zoom.us/j/911876587?pwd=dFFCa3Zra0w3ekRsS3pFWDR1Mlhdsz09</a> <b>Meeting ID:</b> 911 876 587 <b>Password:</b> 645578
The Gathering Drum	Facebook	8th May 15th May	2:30pm - 3pm 2:30pm - 3pm	<a href="https://www.facebook.com/pg/maemurrayfoundation/events/">https://www.facebook.com/pg/maemurrayfoundation/events/</a>
Saturday Morning Games for the Family	Facebook	9th May 16th May	11:30am 11:30am	<a href="https://www.facebook.com/pg/maemurrayfoundation/events/">https://www.facebook.com/pg/maemurrayfoundation/events/</a>
Well Fest Live	Instagram Live	9th - 10th May	2 full days	<a href="https://www.wellfest.ie/community/wellfest-live?fbclid=IwAR1lmgP0tWoFdTVhGmlj0QFO7ApYY4v266yJAFv9srBLPmUvKmUAm3kZAIU">https://www.wellfest.ie/community/wellfest-live?fbclid=IwAR1lmgP0tWoFdTVhGmlj0QFO7ApYY4v266yJAFv9srBLPmUvKmUAm3kZAIU</a>
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: <a href="mailto:yasmin@zacharygeddisbreakthesilencetrust.org">yasmin@zacharygeddisbreakthesilencetrust.org</a>
Fun with Jo Jingles	Face book	11th May 18th May 25th May	2pm - 2:30pm 2pm - 2:30pm 2pm - 2:30pm	<a href="https://www.facebook.com/pg/maemurrayfoundation/events/">https://www.facebook.com/pg/maemurrayfoundation/events/</a>
Stress Control - 6 sessions Session 1: What is Stress?	YouTube	11th May <b>OR</b> 12th May	2pm - 3:30pm <b>or</b> 8:30pm - 10pm 2pm - 3:30pm <b>or</b> 8:30pm - 10pm	<a href="https://stresscontrol.org/">https://stresscontrol.org/</a>

Session 2: Controlling Your Body	YouTube	14th May <b>OR</b> 15th May	2pm - 3:30pm <b>or</b> 8:30pm - 10pm 2pm - 3:30pm <b>or</b> 8:30pm - 10pm	<a href="https://stresscontrol.org/">https://stresscontrol.org/</a>
Session 3: Controlling Your Thoughts	YouTube	18th May <b>OR</b> 19th May	2pm - 3:30pm <b>or</b> 8:30pm - 10pm 2pm - 3:30pm <b>or</b> 8:30pm - 10pm	<a href="https://stresscontrol.org/">https://stresscontrol.org/</a>
Session 4: Controlling Your Actions	YouTube	21st May <b>OR</b> 22nd May	2pm - 3:30pm <b>or</b> 8:30pm - 10pm 2pm - 3:30pm <b>or</b> 8:30pm - 10pm	<a href="https://stresscontrol.org/">https://stresscontrol.org/</a>
Session 5 : Controlling Panicky Feelings / Getting a Good Night's Sleep	YouTube	25th May <b>OR</b> 26th May	2pm - 3:30pm <b>or</b> 8:30pm - 10pm 2pm - 3:30pm <b>or</b> 8:30pm - 10pm	<a href="https://stresscontrol.org/">https://stresscontrol.org/</a>
Session 6: Boosting Your Wellbeing - Tying it all together - Controlling your Future	YouTube	28th May <b>OR</b> 29th May	2pm - 3:30pm <b>or</b> 8:30pm - 10pm 2pm - 3:30pm <b>or</b> 8:30pm - 10pm	<a href="https://stresscontrol.org/">https://stresscontrol.org/</a>
Story Massage	Face book	12th May	3pm - 3:30pm	<a href="https://www.facebook.com/pg/maemurrayfoundation/events/">https://www.facebook.com/pg/maemurrayfoundation/events/</a>
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	<a href="https://www.facebook.com/pg/maemurrayfoundation/events/">https://www.facebook.com/pg/maemurrayfoundation/events/</a>
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	<a href="https://www.facebook.com/pg/maemurrayfoundation/events/">https://www.facebook.com/pg/maemurrayfoundation/events/</a>
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	<a href="https://www.facebook.com/pg/maemurrayfoundation/events/">https://www.facebook.com/pg/maemurrayfoundation/events/</a>

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 <b>OR</b> 24th May	10am - 11:30am 9am - 10:30am	<a href="https://www.eventbrite.com/e/free-online-course-the-peaceful-household-for-parents-of-5-10-year-olds-tickets-103482256214?aff=ebdssbonlinebrowse">https://www.eventbrite.com/e/free-online-course-the-peaceful-household-for-parents-of-5-10-year-olds-tickets-103482256214?aff=ebdssbonlinebrowse</a>
Baltimore Child Abuse Centre: The Impact of Historical Trauma & Oppression on Survivors	Seminar	14th May	10am - 11:30am	<a href="https://www.eventbrite.com/e/the-impact-of-historical-trauma-and-oppression-on-survivors-of-ipv-tickets-102939472734?aff=erelpanelorg">https://www.eventbrite.com/e/the-impact-of-historical-trauma-and-oppression-on-survivors-of-ipv-tickets-102939472734?aff=erelpanelorg</a>
Baltimore Child Abuse Centre: Impact of Community Violence on Children & Youth	Seminar	21st May	10am - 11:30am	<a href="https://www.eventbrite.com/e/the-impact-of-historical-trauma-and-oppression-on-survivors-of-ipv-tickets-102939472734?aff=erelpanelorg">https://www.eventbrite.com/e/the-impact-of-historical-trauma-and-oppression-on-survivors-of-ipv-tickets-102939472734?aff=erelpanelorg</a>
Baltimore Child Abuse Centre: Child Survivors of Homicide: Understanding Trauma & Building Resilience	Seminar	26th May	1pm - 2:30pm	<a href="https://www.eventbrite.com/e/the-impact-of-historical-trauma-and-oppression-on-survivors-of-ipv-tickets-102939472734?aff=erelpanelorg">https://www.eventbrite.com/e/the-impact-of-historical-trauma-and-oppression-on-survivors-of-ipv-tickets-102939472734?aff=erelpanelorg</a>
Baltimore Child Abuse Centre: Vicarious Trauma & Building Resiliency	Seminar	28th May	10am - 11:30am	<a href="https://www.eventbrite.com/e/the-impact-of-historical-trauma-and-oppression-on-survivors-of-ipv-tickets-102939472734?aff=erelpanelorg">https://www.eventbrite.com/e/the-impact-of-historical-trauma-and-oppression-on-survivors-of-ipv-tickets-102939472734?aff=erelpanelorg</a>
Oxford Home Study offers a range of Free online certified provision inc life coaching, weight control, diet & nutrition	Online Courses	Open	Open	<a href="https://www.oxfordhomestudy.com/free-online-courses-with-certificates">https://www.oxfordhomestudy.com/free-online-courses-with-certificates</a>

Information correct at time of publishing but is subject to change

