



# LIVING WITH ANXIETY AND COVID 19

Live Webinar with Belfast Recovery College-

Many people have already gone through or are going through social distancing and isolation and you may find it useful to know tips, strategies and suggestions on how to cope. While times are challenging at the moment this easy to do course is designed to connect us. Together we will share online how we are dealing with Covid 19 and anxiety and help each other. Questions can be texted through the chat function during this educative class

**DATE: 21st Tuesday  
April**

**TIME: 2pm – 3pm**

**Venue: Online**

**Date: 23<sup>rd</sup> Thursday April  
2020**

**Time: 2-3pm**

**Venue: Online**

***To book your FREE place on this course call 02895043059 (between 9.30am-4.30pm mon to fri)***

***OR email [RecoveryCollege@belfasttrust.hscni.net](mailto:RecoveryCollege@belfasttrust.hscni.net)***