

## Pain Self-Management Courses - April-June 2024

VENUE	DATES	TIMES
Brookeborough Community Group Station House, Brookeborough Co Fermanagh, BT94 4EZ;	Beginning on Tuesday 30th April 2024 and continuing on 7th, 14th, 21st and 28th May and the 4th June.	10.30 am-1.00 pm
Roe Valley Arts and Cultural Centre 24 Main St, Limavady BT49 0FJ	Beginning on Tuesday 30th April 2024 and continuing on 7th, 14th, 21st and 28th May and the 4th June.	10.30 am-1.00 pm
The Centre of Wellbeing 2-4 Foyle Rd, Derry/Londonderry BT48 6AX	Beginning on Thursday 2nd May 2024 and continuing on 9th, 16th, 23rd and 30th May and the 6th June	10.30 am-1.00 pm
Recovery College Lisnamallard 5b Woodside Avenue Omagh Co-Tyrone BT79 7BP	Beginning Wednesday 8th May 2024 and continuing on the 15th, 22nd and 29th May and the 5th and 12th June	10.30 am-1.00pm



# Managing the Challenge

of living with a long term condition

## Pain Self-Management Courses - April- June 2024

VENUE	DATES	TIMES
Dromore Sports Complex 37 Omagh Road Dromore BT78 3AL	Beginning on Thursday 16th May and continuing on the 23rd and 30th May and the 6th,13th and 20th June.	10.30 am-1.00 pm
Remotely via Zoom	Beginning Tuesday 21st May and continuing on the 28th May and the 4th, 11th, 18th and 25th June.	6.30 pm -9.00 pm
Belcoo Healthy Living Centre 1 Lattone Rd, Belcoo BT93 5AQ	Beginning Wednesday 22nd May and continuing on the 29th May and the 5th, 12th, 19th and 26th June.	10.30 am-1.00 pm



Courses can be accessed by contacting your local Health Condition Support Group, Community Action Health Team, your GP or The Managing the Challenge Team:

**Email [mtc@amh.org.uk](mailto:mtc@amh.org.uk) or call 028 66720673.**



[www.amh.org.uk](http://www.amh.org.uk)

Copyright © 2022 Action Mental Health. All rights reserved.



This programme is funded by WHSCT