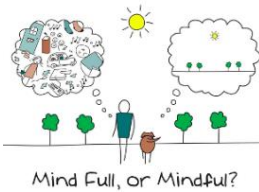


Wellbeing Courses Jan - March 2026



Money Management Monday 12th Jan, 9.45-11.45am x 6 wks  This fantastic course with Norah Hughes aims to help you to reduce financial stress. Topics include: The connection between money and mindset, creating a budget, setting money goals, Practical money tools and techniques, clear negative beliefs about money, becoming more confident with money.	Stress Management Monday 12th Jan, 12.30-2.30pm x 6 wks  This excellent course with Norah Hughes from BGR8 Training & Coaching involves: • Identifying your particular stressors • Ways to deal with unhealthy/chronic stress • Creating a mini stress action step/goal • Mindfulness techniques • Assertiveness tools and techniques
Dancing Your Way to Health & Happiness Tues 13th Jan 9.45-11.45 x 6 wks  This ever-popular uplifting and energising course centres on relaxation, movement and DANCING! You will enjoy relaxation exercises, lots of dancing and plenty of craic & laughter! You will be expertly guided by Charmaine McMeekin.	Pilates Tuesday 13th Jan 1.30-2.30pm x 6 wks  Pilates is back with Anne Bresland! Pilates is a method of exercise that is done on a mat consisting of low-impact movements that greatly improve your core strength, muscle control, flexibility, coordination, and body tone. Complete beginners and those with experience are both welcome.
I Can! Wednesday 14th Jan, 9.45-11.45am x 6 wks  This 5 week course with Helen Quinn is designed to improve your confidence & assertiveness. By the end of this course you will be able to say: • I can be happy • I can believe in myself • I can make changes • I can think positively • I can be assertive	Mindfulness & Kindfulness Wed 14th Jan, 12.30-2.30pm x 6 wks  Melanie Magee is delivering this beautiful course. It is based on the principles of MBSR (Mindfulness-Based Stress Reduction) and MBCBT (Mindfulness-Based Stress Reduction). Participants will explore the concept of mindfulness through practices such as mindful movement, breathwork, compassionate mindfulness and meditations.

Living Life to the Full Monday 16th Feb, 9.45-11.45am x 6 wks  This is a programme that can make a big difference. It will help you manage your feelings when you are stressed, anxious, worried or depressed. It can help if you feel: • I can't be bothered doing anything • Why does everything always go wrong? • I'm not good enough	Holiday Spanish Wednesday 4th Mar, 9.45-11.45am x 10 wks  Going on holiday to Spain or a Spanish speaking country? Visiting friends there? Want to improve your experience and learn about the culture? Come and join us for some practical language and tips! ¡Hasta la vista, chicas!
Stitching Our Stories Monday 2nd Mar, 12.30-2.30pm x 4 wks  Stitching Our Stories is a gentle, creative introduction to personal storytelling through hand-stitching and fabric collage. The course encourages curiosity, confidence and connection. No sewing experience is needed, only a willingness to explore and begin!	TO APPLY Use the QR Code or go to www.firststepswomenscentre.org/apply FOR MORE INFO Contact Amanda on: 028 8772 7648 Email: fswc.amandab@gmail.com 

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