

Join us for a cuppa at...

CAFÉ CONNECT

Café Connect is a great way to boost your wellbeing through connecting and chatting with others during this challenging time.

DATES:-

26th January 2021
29th January 2021
1st February 2021
3rd February 2021

TIMES:-

10-10.20 AM;
1 – 1.20 PM; or
3-3.20 PM.

Grab a cuppa and click [HERE](#) to join on any of these dates and times.

If you have questions, please email us at learning.development@southerntrust.hscni.net



We all know self-care is important. These will be **20-30 minute informal support sessions** but you can join for as long as it suits you.

A **quick virtual chat** can help us realise **we are not on our own and we are part of a wider team** with friendly contacts who can help and support us.

It provides an opportunity to **take some time out for yourself.** With the added pressures of COVID 19 this is more important than ever.

