



Managing the Challenge

of living with a long term condition

Pain Self-Management Courses – Apr-Jun 2025

VENUE	DATES	TIMES
The Koram Centre 12 Railway Street Strabane BT82 8BG	Beginning on Tuesday 13 th May 2025 and continuing on the 20 th and 27 th May and the 3 rd , 11 th and 17 th June	10.30 am –1.00 pm
Derrygonnelly Community Centre 49 Creamery Road Derrygonnelly BT93 6FZ	Beginning on Tuesday 20 th May 2025 and continuing on the 27 th May and the 3 rd , 10 th , 17 th and 24 th June.	7.00 pm–9.00 pm
The Roe Valley Arts and Cultural Centre 24 Main Street Limavady BT49 OFJ	Beginning on Tuesday 27 th May 2025 and continuing on the 3 rd , 10 th , 17 th and 24 th June and the 1 st July	10.30 am–1.00 pm



www.amh.org.uk

Copyright © 2022 Action Mental Health. All rights reserved.



This programme is funded by WHSCT



Managing the Challenge

of living with a long term condition

Pain Self-Management Courses – Apr-Jun 2025

VENUE	DATES	TIMES
Oak Healthy Living Centre LITE House 179 Cross Street Lisnaskea BT82 OJE	Beginning on Monday 2 nd June continuing on the 9 th , 16 th , 23 rd and 30 th June and the 7 th July	10.30 am–1.00 pm
Strule Arts Centre Townhall Square Omagh BT78 1BL	Beginning on Tuesday 3 rd June and continuing on the 10 th , 17 th and 24 th June and the 8 th July	10.30 am–1.00 pm
The Centre of Wellbeing 2–4 Foyle Road Derry/Londonderry BT48 6SR	Beginning on Wednesday 4 th June and continuing on the 11 th , 18 th , and 25 th June and the 2 nd and 8 th July	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 or call 028 66720673.



www.amh.org.uk

Copyright © 2022 Action Mental Health. All rights reserved.



This programme is funded by WHSCT