

Free Pain Management Courses

Weekly In-person events				
Venue	Day	Date	Times	Health and Social Care Trust area
The Atlas Women's Centre 7 Bachelors Walk Lisburn BT28 1XJ	Wednesdays	14 January To 18 February 2026	10.00am to 12.30pm	SEHSCT
Ballymoney Lecture Theatre Ballymoney Health Centre 21B Newal Rd Ballymoney BT53 6HB	Mondays	19 January To 23 February 2026	10.30am to 1.00pm	NHSCT
Hollywood Arches Library 4 - 12 Hollywood Road Belfast BT4 1NT	Mondays	19 January To 23 February 2026	12.00pm to 2.30pm	BHSCT
Dungannon Library 36 Market Square Dungannon BT70 1JD	Wednesdays	11th February To 18th March 2026	11.00am to 1.30pm	SHSCT
ABC Community Network Magharee House 82 Thomas Street Portadown BT62 3NU	Mondays	2nd February to 9th March 2026	11.00am to 1.30pm	SHSCT
Blackmountain Shared Space 280 Ballygomartin Road Belfast BT13 3NG	Thursdays	5th February To 12th March 2026	11.00am to 1.30pm	BHSCT
Banbridge Leisure Centre 15 Downshire Place Banbridge BT32 3JY	Thursdays	12 February To 19 March 2026	11.00am to 1.30pm	SHSCT
East Belfast TBC Register your interest by using the online booking form, emailing or phoning us,	To be confirmed	To be confirmed	To be confirmed	BHSCT
Online 6 week course				
Day	Date		Time	
Thursday	19th February to 26th March 2026		11.00am - 1.30pm	
Tuesday	3rd February to 10th March 2026		6.00pm - 8.30pm	