

# Recovery College Timetable

# September & October 2022

Workshop	Sessions	Date	Time**	Venue
Coffee & Connect	1	15 September 2022	10.00 – 10.45 am	Zoom
		30 September 2022	10.00 – 10.45 am	Zoom
		13 October 2022	10.00 – 10.45 am	Zoom
		25 October 2022	10.30 – 11.30 am	Tim Hortons, The Junction, Antrim
An introduction to the Recovery College	1	12 September 2022	11 am	Zoom
		25 October 2022	11 am	Zoom
Let's talk about Hope	1	13 September 2022	11 am	Zoom
Let's talk about Recovery	1	13 September 2022	2 pm	Zoom
Healthy Me	2	15 & 22 September 2022	2 pm	Zoom
Self-confidence	1	19 September 2022	11 am	Zoom
An introduction to Anxiety	2	20 & 27 September 2022	11 am	Zoom
No more Labels	1	20 September 2022	2.30 pm	Zoom
An introduction to Fibromyalgia	1	21 September 2022	11 am	Zoom
Exploring Recovery	1	22 September 2022	10.30 – 12 pm	Holiday Inn Express, Antrim
Self-care	1	26 September 2022	2 pm	Zoom
Being Mindful Everyday	2	27 September & 4 October 2022	2 pm	Zoom
Feeling comfortable in my own skin	2	29 September & 6 October 2022	11 am	Zoom
An introduction to Personality Disorder	1	30 September 2022	11 am	Zoom
An introduction to PTSD	2	3 & 10 October 2022	11 am	Zoom
Managing Stress	1	3 October 2022	2 pm	Zoom
Sleep	1	4 October 2022	11 am	Zoom
A Mindful Stroll	3	6, 13 & 20 October 2022	2 pm	Antrim Castle Gardens
5 Ways to Wellbeing	1	10 October 2022	2 pm	Zoom
An introduction to Depression	2	11 & 18 October 2022	11 am	Zoom
Scribing for Wellness	2	11 & 18 October 2022	2 pm	Zoom
An introduction to Bipolar	1	12 October 2022	11 am	Zoom
What is WRAP	1	17 October 2022	11 am	Zoom
Assertiveness	1	20 October 2022	2 pm	Zoom
Let's talk about Loneliness	1	25 October 2022	2 pm	Zoom
Managing Persistent Fatigue	1	26 October 2022	11 am	CRUN, Coleraine
Looking after myself while caring for others	1	TBC		

**\*\*Courses will last up to 1.5 hours unless otherwise stated**

