

Recovery College Timetable

November & December 2022

Workshop	Sessions	Date	Time*	Venue**
Coffee & Connect	1	15 November 2022 29 November 2022 20 December 2022	2 – 3 pm 2 – 3 pm 10 – 11 am	Zoom Tim Hortons, The Junction, Antrim TBC
An introduction to the Recovery College	1	7 November 2022	2 pm	Zoom
Let's talk about Hope	1	8 November 2022	11 am	Zoom
Mindful Self-Compassion	1	8 November 2022	2 pm	Zoom
Let's talk about Recovery	1	10 November 2022	3 pm	Zoom
Self-care	1	14 November 2022	11 am	Zoom
Building Resilience	1	15 November 2022	11 am	Zoom
Exploring Recovery	1	15 November 2022	10.30 – 12.30 pm	Vineyard Compassion, Coleraine
Autism Spectrum Disorder	1	16 November 2022	12 – 1.30 pm	Zoom
Assertiveness	1	17 November 2022	11 am	Zoom
Looking after myself while caring for others	1	25 November 2022	11 am	Zoom
Feeling comfortable in my own skin	2	24 November & 1 December 2022	10.30 am	Zoom
5 Ways to Wellbeing	1	24 November 2022	10.30 – 12.30 pm	InVOLVe House, Magherafelt
Sleep	1	24 November 2022 1 December 2022	2 pm 10.30 – 12.30 pm	Zoom Carrickfergus Library
Gratitude	1	28 November 2022	11 am	Zoom
Let's talk about Loneliness	1	29 November 2022	11 am	Zoom
Self-confidence	1	29 November 2022	2 pm	Zoom
An introduction to Fibromyalgia	1	30 November 2022	2 pm	Zoom
Arts & Crafts for Wellness	3	1 – 15 December 2022	2 pm	Zoom
WRAP	2	5 & 6 December 2022	9.30 – 4.30 pm	All Saints Parish Centre, Ballymena
Anxiety	2	6 & 13 December 2022	11 am	Zoom
Managing Persistent Fatigue	1	7 December 2022	11 am	Zoom
Self-care at Christmas	1	8 December 2022 13 December 2022	11 am 10.30 – 12.30 pm	Zoom Holiday Inn Express, Antrim
An introduction to Personality Disorder	1	9 December 2022	11 am	Zoom
Scribing for Wellness	2	12 & 19 December 2022	11 am	Zoom
No more labels	1	15 December 2022	11 am	Zoom
Yoga for absolute beginners	1	20 December 2022	12 – 1 pm	Zoom

*Courses will last approximately 1.5 hours unless otherwise stated

**Venues are subject to change

