

Recovery College Timetable

January & February 2023

Workshop	Sessions	Date	Time*	Venue**
Coffee & Connect	1	12 January 2023	2.30 – 3.30 pm	Online
		26 January 2023	2 – 3 pm	Community – Venue TBC
		7 February 2023	2 – 3 pm	Online
		23 February 2023	2.30 – 3.30 pm	Online
Introduction to the Recovery College	1	9 January 2023	11 am	Online
		28 February 2023	2 pm	Online
Let's talk about Recovery	1	10 January 2023	11 am	Online
Gratitude	1	10 January 2023	2 pm	Online
5 Ways to Wellbeing	1	12 January 2023	10.30 – 12.30 pm	Holiday Inn Express, Antrim
		30 January 2023	11 am	Online
WRAP	2	16 & 17 January 2023	9.30 – 4.30 pm	Holiday Inn Express, Antrim
		8 & 9 February 2023	9.30 – 4.30 pm	Larne Leisure Centre
Assertiveness	1	17 January 2023	2 pm	Online
Self-care	1	19 January 2023	11 am	Online
		21 February 2023	2 pm	Online
Managing Stress	1	19 January 2023	2 pm	Online
Let's talk about Hope	1	23 January 2023	11 – 1 pm	CRUN, Coleraine
		20 February 2023	2 pm	Online
Healthy Me	2	24 & 31 January 2023	2 pm	Online
Self-confidence	1	24 January 2023	11 am	Online
Scribing for Wellness	2	30 January & 6 February 2023	2 – 4 pm	Ballyclare Presbyterian church
Building Resilience	1	31 January 2023	11 am	Online
Sleep	1	2 February 2023	2 pm	Online
An introduction to Anxiety	2	26 January & 2 February 2023	11 am	Online
Let's talk about Loneliness	1	7 February 2023	11 am	Online
No More Labels	1	9 February 2023	11 am	Online
		27 February 2023	11 am	Online
An introduction to Depression	2	21 & 28 February 2023	11 am	Online
Managing Persistent Fatigue	1	22 February 2023	11 am	Online
Exploring Recovery	1	24 February 2023	10.30 -12.30 am	Holiday Inn Express, Antrim

***Courses will last approximately 1.5 hours unless otherwise stated**

****Venues & dates are subject to change**

****Course are listed whether they are online or in community venues**

