

Recovery College Timetable

March & April 2023

Workshop	Sessions	Date	Time*	Venue**
Coffee & Connect	1	2 March 2023	2 – 3 pm	Online
		21 March 2023	10.30 – 11.30 am	Tim Hortons, The Junction, Antrim
		6 April 2023	10 – 11 am	Online
		27 April 2023	2 – 3 pm	Online
Self confidence	1	2 March 2023	11 am	Online
Gratitude	1	6 March 2023	11 am	Online
Managing Stress	1	7 March 2023	11 am	Online
5 Ways to Wellbeing	1	7 March 2023	2 pm	Online
Let's talk about Recovery	1	9 March 2023	11 am	Online
WRAP	2	13 & 14 March 2023	9.30 – 4.30 pm	Vineyard Compassion, Coleraine
Assertiveness	1	16 March 2023	2 pm	Online
Let's talk about Hope	1	20 March 2023	10.30 – 12.30 pm	Adair Arms Hotel, Ballymena
An introduction to Fibromyalgia	1	22 March 2023	11 am	Online
Arts & Crafts for Wellness	3	23 March - 6 April 2023	2 pm	Online
Self-care	1	28 March 2023	10.30 – 12.30 pm	Carrickfergus Library
		20 April 2023	2 pm	Online
Being Mindful Everyday	2	28 March 2023 & 4 April 2023	10.30 am	Online
An introduction to Anxiety	2	30 March & 6 April 2023	11 am	Online
An introduction to Personality Disorder	1	31 March 2023	11 am	Online
No More Labels	1	3 April 2023	10.30 -12.30 pm	Holiday Inn Express, Antrim
Healthy Me	2	20 & 27 April 2023	11 am	Online
Read Well	10	Commencing April 2023	TBC	Online
Introduction to the Recovery College	1	24 April 2023	11 am	Online
Let's talk about Loneliness	1	25 April 2023	10.30 – 12.30 pm	CRUN, Coleraine
Building Resilience	1	25 April 2023	2 pm	Online

**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*

