

Recovery College Timetable

September & October 2023

Workshop	Weeks	Date	Time*	Venue**
An introduction to the Recovery College	1	11 September 2023	10.30am – 12pm	Online
		16 October 2023	2 – 3.30pm	Online
Exploring Recovery	1	12 September 2023	10.30 – 12.30 pm	Holiday Inn Express, Antrim
Managing Persistent Fatigue	1	14 September 2023	10.30am – 12.00pm	Online
No More Labels	1	14 September 2023	2 – 3.30pm	Online
The Well Read Project	10	15 September – 24 November 2023	10 – 11.30am	Online
WRAP	2	18 & 19 September 2023	9.30am – 4.30pm	All Saints Parish Centre, Ballymena
Assertiveness	1	19 September 2023	10.30am – 12pm	Online
A Mindful Stroll	3	19, 26 September & 3 October 2023	2 – 3.30pm	Antrim Castle Gardens
Building Resilience	1	21 September 2023	10.30am – 12.30pm	InVOLVe House, Magherafelt
		23 October 2023	10.30am – 12pm	Online
Let's talk about Hope	1	21 September 2023	2 – 3.30pm	Online
		26 October 2023	10.30 am – 12.30pm	Sandy Bay Pavilion, Larne (facing Larne Leisure Centre)
Gratitude	1	25 September 2023	10.30am – 12pm	Online
		19 October 2023	10.30am -12.30pm	CRUN, Coleraine
An introduction to Anxiety	2	26 September & 3 October 2023	10.30am – 12pm	Online
Mental Health First Aid	2	28 & 29 September 2023	9.30am – 4.30pm	Holiday Inn Express, Antrim
Coffee & Connect	1	28 September 2023	10.30 – 11.30am	Tim Hortons, The Junction, Antrim
		12 October 2023	2.30 – 3.30pm	Tim Hortons, The Junction, Antrim
Feeling Comfortable in my own skin	2	28 September & 5 October 2023	2 – 3.30pm	Online
Let's talk about Recovery	1	2 October 2023	10.30am – 12pm	Online
Sleep	1	5 October 2023	10.30am – 12.30pm	Carrick Community Forum
		17 October 2023	2 – 3.30pm	Online
Self-care	1	9 October 2023	10.30am – 12.30pm	All Saints Parish Centre, Ballymena
Scribing for Wellness	3	10, 17 & 24 October 2023	2 – 4 pm	Holiday Inn Express, Antrim
Being Mindful Everyday	2	12 & 19 October 2023	10.30am – 12pm	Online
What is WRAP	1	16 October 2023	10.30 – 11.30am	Online
An introduction to Depression	2	17 & 24 October 2023	10.30am – 12pm	Online
Autism Spectrum Disorder	1	18 October 2023	10.30am – 12pm	Online
Managing Stress	1	19 October 2023	2 – 3.30pm	Online
5 Ways to Wellbeing	1	24 October 2023	2 – 3.30pm	Online
Let's talk about Loneliness	1	26 October 2023	10.30am – 12pm	Online
Mindful Self-compassion	1	26 October 2023	2 – 3.30pm	Online

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



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