

Recovery College Timetable

November & December 2023

Workshop	Sessions	Date	Time*	Venue**
WRAP	2	6 & 7 November 2023	9.30-4.30pm	Vineyard, Coleraine
	2	29 & 30 November 2023	9.30-4.30pm	Involve House, Magherafelt
	2	4 & 5 December 2023	9.30-4.30pm	The Library, Carrickfergus
Introduction to Recovery College	1	7 November 2023	10.30-11.30am	Online
	1	23 November 2023	2.30-3.30pm	Online
Healthy Me	2	9 & 16 November	10.30-12pm	Online
Exploring Recovery	1	9 November 2023	2-4pm	All Saints Parish Centre, Ballymena
Gratitude	1	9 November 2023	2-3.30pm	Online
Coffee & Connect	1	13 November 2023	10.30-11.30am	Tim Hortons, The Junction, Antrim
		27 November 2023	2.30-3.30pm	Tim Hortons, The Junction, Antrim
		18 December 2023	10.30-11.30am	Tim Hortons, The Junction, Antrim
Looking After Myself, while Caring for Others	1	13 November 2023	2-3.30pm	Online
An Introduction to Anxiety	2	14 & 21 November 2023	10.30-12.30pm	Carrickfergus Community Forum
		14 & 21 November 2023	10.30-12pm	Online
Let's talk about Hope	1	16 November 2023	2-3.30pm	Online
		12 December 2023	10.30-12.30pm	Holiday Inn, The Junction, Antrim
Let's talk about Loneliness	1	20 November 2023	10.30-12.30pm	Adair Arms Hotel, Ballymena
Resilience	1	21 November 2023	2-3.30pm	Online
Living with Persistent Pain	1	22 November 2023	10.30-12pm	Online
No More Labels	1	20 November 2023	2.30-4pm	Online
Arts & Crafts for Wellness	3	23, 30 November & 7 December 2023	2-4pm	Ballyclare Presbyterian Church, Ballyclare
Feeling Comfortable in my own skin	2	28 November & 5 December 2023	2-4pm	Holiday Inn, The Junction, Antrim
5 Ways to wellbeing	1	27 November 2023	10.30-12pm	Online
Assertiveness	1	28 November 2023	10.30-12pm	Online
An Introduction to Personality Disorder	1	1 December 2023	10.30-12	Online
Sleep	1	5 December 2023	2-3.30pm	Online
Self-Care at Christmas	1	7 December 2023	10.30-12pm	Online
		11 December 2023	10.30-12.30pm	The Library, Carrickfergus
		14 December 2023	10.30-12.30pm	Crun, Coleraine
		14 December 2023	10.30-12.30pm	Involve House, Magherafelt
Let's talk about Recovery	1	12 December 2023	10.30-12pm	Online
Managing Stress	1	12 December 2023	10.30-12pm	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**

