

Recovery College Timetable

March & April 2024

Workshop	Sessions	Date	Time*	Venue**
What is WRAP	1	Mon 4 th March Thurs 25 th April	2-3pm 2-3pm	Online Online
5 Ways to Wellbeing	1	Tues 5 th March Thurs 25 th April	10.30-12pm 10.30-12.30pm	Online Cookstown Leisure Centre
Exploring Recovery	1	Tues 5 th March Mon 29 th April	10.30-12.30pm 10.30-12.30pm	Carrickfergus Library CRUN, Coleraine
Coffee & Connect	1	Tues 5 th March Wed 20 th March Tues 9 th April Thurs 18 th April	2.30-3.30pm 10.30-11.30 10.30-11.30 2.30-3.30pm	Tim Hortons Antrim Magherafelt, Ground Coffee Tim Hortons Glengormley Tim Hortons Antrim
Building Resilience	1	Thurs 7 th March Thurs 11 th April	10.30-12.30pm 10.30-12pm	Cookstown Leisure Centre Online
WRAP	2	Mon 11 th & Tues 12 th March	9.30-4.30pm	Holiday Inn, The Junction, Antrim
No more Labels	1	Thurs 14 th March Thurs 18 th April 2024	10.30-12pm 2-4pm	Online Involve House Magherafelt
Lets' Talk about Recovery	1	Thurs 14 th March	2.00-3.30pm	Online
Hope	1	Tues 19 th March Thurs 21 st March Tues 16 th April	10.30-12.30 2-3.30pm 10.30-12.30	CRUN, Coleraine Online Carrickfergus Library
Healthy Me	2	Tues 19 th & Tues 26 th March	10.30-12.30	Online
Assertiveness	1	Thurs 21 st March Tues 26 th March Thurs 11 th April	10.30-12 10.30-12.30 2-4pm	Online Larne Leisure Centre Adair Arms Hotel, Ballymena
Managing Stress	1	Mon 25 th March Tues 23 rd April	10.30-12pm 2-4pm	Online Holiday Inn, The Junction, Antrim
Sleep	1	Thurs 28 th March Tues 23 rd April	10.30-12.30 10.30-12	Involve House Magherafelt Online
Intro to Recovery College	1	Mon 8 th April	10.30-11.30	Online
Feeling Comfortable in my own Skin	2	Tues 9 th & Tues 16 th April	10.30-12pm	Online
Let's talk about Loneliness	1	Mon 15 th April	11.30-1pm	Online
Scribing for Wellness	3	Mon 15 th , 22 nd & 29 th April	2-4pm	Ballyclare Presbyterian Church
Introduction to Depression		Thurs 18 th & Thurs 25 th April	10.30-12pm	Online
Introduction to Personality Disorder	1	Fri 19 th April	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



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March & April 2024

Workshop	Sessions	Date	Time*	Venue**
Introduction to Autism Spectrum Disorder	1	Wed 24 th April	10.30-12pm	Online
An Introduction to Anxiety	2	Tues 30 th April & Tues 7 th May	10.30-12pm	Online
Self-Care	1	Tues 30 th April Fri 3 rd May	10.30-12.30 10.30-12	Adair Arms Hotel, Ballymena Online
Being Mindful Everyday	2	Tues 30 th April & Tues 7 th May	2-3.30pm	Online
Gratitude	1	Thurs 28 th March Thurs 2 nd May	2.30-4pm 10.30-12.30	Online Larne Leisure Centre

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