

Recovery College Timetable

September & October 2024

Workshop	Session	Date	Time*	Venue**
An Introduction to Recovery College	1	Monday 9 th September	10.30am - 11.30	Online
Exploring Recovery	1	Tuesday 10 th September	10.00am - 12.00	Holiday Inn Express, Antrim
		Monday 30 th September	10.30am – 12.30	Adair Arms, Ballymena
		Tuesday 15 th October	10.00am – 12.00	Larne Leisure Centre
Managing Stress	1	Tuesday 10 th September	10:30am - 12:00	Online
		Tuesday 1 st October	10.00am -12.00	InVOLve House, Magherafelt
A Mindful Stroll	3	Tuesday 10 th 17 th & 24 th September	2:00pm – 4:00	Antrim Castle Gardens
Building Resilience	1	Thursday 12 th September	10:00am - 12:00	CRUN, Coleraine
		Tuesday 15 th October	10.30 – 12.00	Online
No More Labels	1	Thursday 12 th September	2:30pm - 4:00	Online
An Introduction to Personality Disorder	1	Friday 13 th September	10:30am - 12:00	Online
Assertiveness	1	Monday 16 th September	10:30am - 12:30	Carrickfergus Library
		Tuesday 1 st October	10.30am – 12.00	Online
Being Mindful Everyday	2	Tuesday 17 th & 24 th September	10:30am - 12:00	Online
What is WRAP?	1	Tuesday 17 th September	2:00pm - 3:00	Online
Self-Care	1	Thursday 19 th September	10.00am-11:30	Online
		Friday 11 th October	10.30am – 12.30	CRUN, Coleraine
		Monday 14 th October	10.00am – 12.00	InVOLve House
Living Life with Purpose	1	Thursday 19 th September	2:00pm – 4.00	InVOLve House, Magherafelt
		Thursday 17 th October	2.00pm – 4.00	Holiday Inn Express, Antrim
WRAP	2 days	Mon 23 rd & Tues 24 th September	9:30am - 4:30	Carrick Community Forum, Carrickfergus
		Mon 21 st & Tues 22 nd October	9.30am – 4.30	Vineyard Compassion Centre Coleraine
Living with Persistent Pain	1	Wednesday 25 th September	10:30am - 12:00	Online
Sleep	1	Thursday 26 th September	10.00am – 12.00	Holiday Inn Express, Antrim
		Thursday 24 th October	10.00am – 12.00	InVOLve House, Magherafelt
Coffee & Connect	1	Thursday 26 th September	2:00pm - 3:00	Tim Hortons, The Junction, Antrim
		Wednesday 2 nd October	10.30am -11.30	Ground Coffee, Magherafelt
		Thursday 24 th October	3.30pm - 4.30	Tim Hortons, Glengormley

***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**

...continued overleaf



RECOVERY COLLEGE

Recovery College Timetable

September & October 2024

Workshop	Sessions	Date	Time*	Venue**
An Introduction to Depression	1	Friday 27 th September	10.00am -12.00	All Saints Parish Centre, Ballymena
	2	Thursday 10 th & 17 th October	10.30am -12.00	Online
Creative Writing	3	1 st , 8 th & 15 th October	2.00pm – 4.00	Holiday Inn Express, Antrim
CHIME	1	Thursday 3 rd October	10.30am – 12.30	Carrickfergus Library, Carrickfergus
Introduction to Perfectionism	2	Thursday 3 rd & 10 th October	2.00pm - 3.30	Online
A Introduction To Anxiety	1	Tuesday 8 th October	10.00am – 12.00	Online
Managing Persistent Fatigue	1	Wednesday 16 th October	10.30am -12.00	Online
Let's Talk About Loneliness	1	Tuesday 22 nd October	2.00pm – 4.00	Adair Arms Hotel, Ballymena

HALF TERM – MONDAY 28th OCTOBER TO FRIDAY 1ST NOVEMBER 2024 - COLLEGE CLOSED

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