

# Recovery College Timetable

## November & December 2024

| Workshop                                     | Sessions | Date                  | Time*           | Venue**                                |
|--|----------|-----------------------|-----------------|--|
| Exploring Recovery                           | 1        | 4 November 2024       | 2 – 3.30pm      | Online                                 |
| Building Resilience                          | 1        | 5 November 2024       | 10 – 12pm       | Holiday Inn Express, Antrim            |
| No More Labels                               | 1        | 5 November 2024       | 2 – 3.30 pm     | Online                                 |
| Self-care                                    | 1        | 7 November 2024       | 10.30 – 12.30pm | Balnamore Community Centre, Ballymoney |
| Let's talk about Loneliness                  | 1        | 11 November 2024      | 10.30 – 12.30pm | InVOLve House, Magherafelt             |
| Living Life with Purpose                     | 1        | 12 November 2024      | 10.30 – 12.30pm | Vineyard Compassion, Coleraine         |
| CHIME  | 1        | 14 November 2024      | 10 – 12 pm      | InVOLve House, Magherafelt             |
| What is WRAP?                                | 1        | 14 November 2024      | 3 – 4pm         | Online                                 |
| WRAP   | 2        | 18 & 19 November 2024 | 9.30 – 4.30pm   | Holiday Inn Express, Antrim            |
| An introduction to Perfectionism             | 2        | 21 & 28 November 2024 | 10.30 – 12.30pm | Holiday Inn Express, Antrim            |
| Sleep  | 1        | 21 November 2024      | 2 – 3.30pm      | Online                                 |
| An introduction to the Recovery College      | 1        | 25 November 2024      | 10.30 – 11.30pm | Online                                 |
| Managing Stress                              | 1        | 26 November 2024      | 10.30 – 12.30pm | Carrickfergus Library                  |
| Looking after myself while caring for others | 1        | 28 November 2024      | 2.30 – 4pm      | Online                                 |
| Assertiveness                                | 1        | 2 December 2024       | 10.30 – 12.30pm | InVOLve House, Magherafelt             |
| Mindful Self-compassion                      | 1        | 3 December 2024       | 10.30 – 12.00pm | Online                                 |
| An introduction to Anxiety                   | 1        | 3 December 2024       | 2 – 3.30pm      | Online                                 |
| An introduction to Depression                | 1        | 5 December 2024       | 10.30 – 12.30pm | CRUN                                   |
| Self-care at Christmas                       | 1        | 9 December 2024       | 10.30 – 12.30pm | Adair Arms Hotel, Ballymena            |
|  |          | 10 December 2024      | 10 – 12 pm      | CRUN, Coleraine                        |
|  |          | 10 December 2024      | 2.30 – 4.30pm   | InVOLve House, Magherafelt             |
|  |          | 12 December 2024      | 10 – 12pm       | Ballyclare Presbyterian Church         |
|  |          | 12 December 2024      | 2.30 – 4pm      | Online                                 |
| Coffee & Connect                             | 1        | 16 December 2024      | 3 – 4pm         | Tim Hortons, Glengormley               |
|  |          | 18 December 2024      | 10.30 – 11.30am | Ground Coffee, Magherafelt             |
|  |          | 19 December 2024      | 2.30 – 3.30pm   | Tim Hortons, Antrim                    |

*\*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*

