

Recovery College Timetable

January & February 2025

Workshop	Sessions	Date	Time	Venue**
An introduction to the Recovery College	1	M 6 January 2025	10.30 – 11.30am	Online
Building Resilience	1	Tu 7 January 2025 Th 30 January 2025	10 – 12.30pm 10 – 12.30pm	Ballymoney Town Hall Online
Assertiveness	1	Tu 7 January 2025	2 – 4pm	Online
What is WRAP?	1	Th 9 January 2025 Th 6 February 2025	10 – 10.45am 10 – 10.45am	Online Online
An introduction to Anxiety	1	Th 9 January 2025 M 3 February 2025	10.30 – 12.30pm 2 – 4pm	CRUN, Coleraine The Burnavon, Cookstown
CHIME	1	M 13 January 2025 Tu 18 February 2025	10 – 12pm 2 – 4pm	Adair Arms, Ballymena CRUN, Coleraine
Being Mindful Everyday	2	Tu 14 & 21 January 2025	10 – 12pm	Online
Creative Writing	3	Tu 14, 21 & 28 January 2025	2 – 4pm	Carrickfergus Library
Living life with Purpose	1	Tu 14 January 2025 Th 20 February 2025	2 – 4pm 2 – 4pm	Online Ballyclare Presbyterian Church
An introduction to Depression	2 1	Th 16 & 23 January 2025 Th 27 February 2025	10 – 12pm 10 – 12pm	Online Ballyclare Presbyterian Church
Self-care	1	Th 16 January 2025 Th 20 February 2025	2 – 4pm 10 – 12pm	Online Holiday Inn Express, Antrim
Exploring Recovery	1	F 17 January 2025 M 17 February 2025	10 – 12pm 10 – 12pm	Cookstown Library Ballymoney Town Hall
No More Labels	1	M 20 January 2025 F 21 February 2025	2 – 4pm 10 – 12pm	Larne Library Online
Arts & Crafts for Wellness	3	Th 23, 30 January & 6 February 2025	2 – 4pm	Adair Arms, Ballymena
Sleep	1	F 24 January 2025	10 – 12pm	Online
WRAP	2	M 27 & Tu 28 January 2025 M 24 & Tu 25 February 2025	9.30 – 4.30pm 9.30 – 4.30pm	The Terrace Hotel, Magherafelt Corrs Corner, Newtownabbey
An introduction to Persistent Pain	1	W 29 January 2025	2 – 4pm	Online
Let's talk about Loneliness	1	Tu 4 February 2025	10 – 12pm	Online
Managing Stress	1	Tu 4 February 2025	2 – 4pm	Holiday Inn Express, Antrim
An introduction to ASD	1	W 5 February 2025	10.30 – 12.30pm	Online
An introduction to PTSD	2	Tu 18 & 25 February 2025	10 – 12pm	Online
Introduction to Perfectionism	2	Tu 18 & 25 February 2025	2 – 4pm	Online
Coffee & Connect	1	F 7 February 2025 W 19 February 2025 Th 27 February 2025	10 – 11 am 10.30 – 11.30am 3 – 4pm	Tim Hortons, Antrim Ground Coffee, Magherafelt Tim Hortons, Glengormley

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

****Course are listed whether they are online or in community venues**

