

Recovery College Timetable

Workshop	Sessions	Date	Time*	Venue**
An introduction to the Recovery College	1	M 8 September 2025	10.30 – 11.30am	Online
Exploring Recovery	1	Tu 9 September 2025 Th 11 September 2025 F 12 September 2025 Tu 16 September 2025	9.30 – 11.30am 10.30 – 12.30pm 10.30 – 12.30pm 10.30 – 12.30pm	Dunsilly Hotel, Antrim CRUN, Coleraine Carrickfergus Library InVOLve House, Magherafelt
A Mindful Stroll	3	Tu 9, 16 & 23 September 2025 M 6, 13 & 20 October 2025	2 – 3.30pm 10.30 – 12pm	Loughshore Park, Newtownabbey Joey Dunlop Centre, Ballymoney
Living Life with Purpose	1	M 15 September 2025 W 8 October 2025	10.30 – 12pm 10.30 – 12.30pm	Online Carrickfergus Library
What is WRAP	1	Th 18 September 2025	10.30 – 11.30am	Online
CHIME	2	F 19 & 26 September 2025	10.30 – 12.30pm	Ballymoney Town Hall
Self-care	1	M 22 September 2025 Tu 7 October 2025	10.30 – 12pm 2 – 4pm	Online Adair Arms Hotel, Ballymena
Managing Stress	1	M 22 September 2025	2 – 4pm	Adair Arms Hotel, Ballymena
No More Labels	1	Tu 23 September 2025 F 3 October 2025	10.30 – 12pm 10.30 – 12.30pm	Online Cookstown Library
Building Resilience	1	Tu 23 September 2025 Tu 21 October 2025	2 – 4.30pm 2 – 4.30pm	Online Holiday Inn Express, Antrim
Anxiety	2	Th 25 September & 2 October 2025	10.30 – 12pm	Online
WRAP	2	M 29 & Tu 30 September 2025	9.30 – 4.30pm	Dunsilly Hotel, Antrim
An introduction to Personality Disorder	1	Tu 30 September 2025	10.30 – 12.30pm	Online
Being Mindful Everyday	2	Th 2 & 9 October 2025	2 – 3.30pm	Online
An introduction to Depression	2	Tu 7 & 14 October 2025	10.30 – 12pm	Online
Creative Writing	3	Th 9, 16 & 23 October 2025	10.30 – 12.30pm	InVOLve House, Magherafelt
Drumming for Wellness	3	F 10, 17 & 24 October 2025	10.30 – 12.30pm	Stiles Community Centre, Antrim
Self-esteem	2	M 13 & 20 October 2025	2 – 3.30pm	Online
Let's talk about Sleep	1	Tu 14 October 2025	2 – 4pm	CRUN, Coleraine
The Well Read Project	8	W 15 October – 10 December 2025	10.30 – 12pm	Online
Mindful Self-compassion	1	Th 16 October 2025	2 – 3.30pm	Online
Assertiveness	1	Tu 21 October 2025	10.30 – 12.30pm	Sandy Bay Pavilion, Larne

***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**

