

Recovery College Timetable

November & December 2025

Workshop	Sessions	Date	Time*	Venue*
An Introduction to The Recovery College	1	M 3 November 2025	10.30 - 11.30am	Online
What is WRAP?	1	M 3 November 2025	2.30 – 3.30pm	Online
No More Labels	1	Tu 4 November 2025	10.30am– 12.00pm	Online
Exploring Recovery	1	Tu 4 November 2025 M 8 December 2025	2.00 – 4.00pm 10.30am – 12.30pm	Adair Arms Hotel, Ballymena Cookstown Library
An Introduction to Perfectionism	1	Th 6 November 2025	10.30am – 12.00pm	Online
C.H.I.M.E.	2	Th 6 & 13 November 2025	2.00 – 4.00pm	Lilian Bland Pavilion, Glengormley
Assertiveness	1	F 7 November 2025 Th 20 November 2025	10.30am – 12.00pm 2.00 – 4.00pm	Online Cookstown Library
WRAP	4	M 10, 17, 24 November & 1 December 2025	9.30am – 1.00pm	Eden Community Centre, Carrickfergus
An introduction to PTSD	2	M 10 & 17 November 2025	10am – 12pm	Online
Let's Talk about Sleep	1	Tu 11 November 2025	10.30am – 12.00pm	Online
Living Life with Purpose	1	Tu 11 November 2025	2.00 – 4.00pm	The Terrace Hotel, Magherafelt
Self-Care	1	Th 13 November 2025	10.30am – 12.00pm	Online
Creative Writing	3	F 14, 21 & 28 November 2025	10.30 am – 12.30pm	Ballymoney Town Hall
An Introduction to Anxiety	2	Tu 18 & 25 November 2025	10.30am – 12.30pm	Holiday Inn Express, Antrim
Arts & Crafts for Wellness	3	Tu 18, 25 November & 2 December 2025 Th 27 November, 4 & 11 December 2025	2.00 – 4.00pm 10.30am – 12.30pm	CRUN, Coleraine Ballyclare Presbyterian Church
Managing Persistent Fatigue	1	Th 20 November 2025	10.30am – 12.30pm	Dunsilly Hotel, Antrim
Building Resilience	1	M 1 December 2025	10.30am – 12.00pm	Online
Managing Stress	1	Tu 2 December 2025	10.30am – 12.00pm	Online
Self-Esteem	2	Th 4 & 11 December 2025	2.00 – 4.00pm	Online
Self-Care at Christmas	1	Tu 9 December 2025 F 12 December 2025 M 15 December 2025 Tu 16 December 2025 Th 18 December 2025	10.30am – 12.00pm 10.30am – 12.30pm 2.00 – 4.00pm 10am – 12pm 10.30am – 12.30pm	Online Holiday Inn Express, Antrim Corrs Corner Hotel, Newtownabbey Cookstown Library Ballymoney Town Hall

**Venues & dates are subject to change*

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