

# Recovery College Timetable

## January & February 2026

Workshop	Sessions	Date	Time*	Venue**
Introduction to The Recovery College	1	W 7 January 2026 M 16 February 2026	10.30 - 11.30am 10.30 - 11.30am	ONLINE ONLINE
What is WRAP?	1	Th 8 January 2026 F 6 February 2026	10.30 - 11.30am 10.30 - 11.30am	ONLINE ONLINE
Exploring Recovery	1	Th 8 January 2026 F 9 January 2026 Tu 13 January 2026 W 14 January 2026	2.00 - 4.00pm 10.30am-12.30pm 10.30am - 12.30pm 10.30am - 12.30pm	Ballymoney Town Hall Sandy Bay Pavilion, Larne Holiday Inn Express, Antrim Involve House, Magherafelt
No More Labels	1	M 12 January 2026 F 30 January 2026 M 16 February 2026	2.00 - 3.30pm 10.30am -12.30pm 10.30am -12.30pm	ONLINE Cookstown Library Carrick Library
Parenting through Recovery	2	M 12 & 19 January	10.30am-12.00pm	ONLINE
Let's Talk about Sleep	1	T 13 January 2026 W 28 January 2026 W 4 February 2026	2.00 -4.00pm 2.00 - 3.30pm 2.00 - 3.30pm	Ballymena Library ONLINE ONLINE
C.H.I.M.E	2	Th 15 & 22 January 2026	10.30 am - 12.30pm	Ballymena Library
Managing Stress	1	Th 15 January 2026 F 23 January 2026 Th 29 January 2026	10.30am - 12.00pm 10.30 - 12.30pm 10.30am - 12.00pm	ONLINE Holiday Inn Express, Antrim ONLINE
Living Life with Purpose	1	F 16 January 2026 M 19 January 2026 19 February 2026	10.30am - 12.30pm 10.30am - 12.30pm 10.30am - 12.30pm	Ballymoney Town Hall The Burnavon, Cookstown CRUN, Coleraine
Drumming for Wellness	3	Tu 20, 27 January & 3 February 2026	2.00 - 4.00pm	Vineyard Compassion, Coleraine
Introduction to Anxiety	2	Tu 20 & 27 January 2026	10.30 - 12.00pm	ONLINE
Building Resilience	1	Th 22 January 2026 Th 5 February 2026	2.00 - 4.00pm 10.30am - 12.30pm	ONLINE Involve House, Magherafelt
Self Care	1	M 26 January 2026 M 2 February 2026 Th 5 February 2026	10.30am - 12.00pm 10.30am - 12.30pm 10.30am - 12.30pm	ONLINE The Burnavon Sandy Bay Pavilion, Larne
WRAP	2	M 26 & Tu 27 January 2026	9.30am - 4.30pm	Ballymoney Town Hall

**\*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 on next page**



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Mindful Self Compassion	1	Th 29 <sup>th</sup> January 2026	2.00-3.30pm	ONLINE
Assertiveness	1	Tu 3 February 2026 F 20 February 2026	10.30am – 12.30pm 10.30am – 12.30pm	Corrs Corner, Newtownabbey Holiday Inn Express, Antrim
Introduction to Depression	2	Tu 17 & 24 February 2026	10.30am – 12.00pm	ONLINE
Being Mindful Everyday	2	Tu 17 & 24 February 2026	2.00 – 3.30pm	ONLINE
Self Esteem	2	W 18 & 25 February 2026	2.00 – 4.00pm	Holiday Inn Express Antrim
An Introduction to Perfectionism	1	Th 19 February 2026	2.00 – 3.30pm	ONLINE
Creative Writing	3	M 23 February, 2 & 9 March 2026	10.30am - 12.30pm	Adair Arms, Ballymena
Arts & Crafts for Wellness	3	Th 26 February, 5 & 12 March 2026	10.30am – 12.30pm	Involve House, Magherafelt
WRAP	4	F 27 February, 6, 13 & 20 March 2026	9.30am – 1.30pm	Adair Arms, Ballymena

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