

Recovery College Timetable

March & April 2026

Workshop	Sessions	Date(s)	Time*	Venue**
Mindful Self Compassion	1	T 3 March 2026	10.30-12.00pm	ONLINE
Managing Stress	1	T 3 March 2026 T 10 March 2026 Th 19 March 2026	2.00-3.30pm 10.30-12.30pm 10.30-12.30pm	ONLINE Holiday Inn Express, Antrim Involve House, Magherafelt
Self – Esteem	2	W 4 & 11 March 2026 Th 26 March & 2 April 2026	10.30-12.30pm 10.30-12.00pm	Coleraine Leisure Centre ONLINE
C.H.I.M.E	2	Th 5 & 12 March 2026 Th 16 & 23 April 2026	10.30-12.30pm 10.30-12.30pm	Merville House, Newtownabbey Holiday Inn Express, Antrim
Living Life with Purpose	1	T 10 March 2026 Th 16 April 2026 T 28 April 2026	2.00-3.30pm 10.30-12.30pm 2.00-3.30pm	ONLINE Adair Arms, Ballymena ONLINE
A Mindful Stroll	3	M 16, 23 & 30 March 2026 M 20, 27 April & 11 May 2026 Th 23, 30 April & 7 May 2026	2.00-3.30pm 10.30-12.00pm 10.30-12.00pm	Antrim Castle Gardens Carrickfergus Harbour Ballyronan Marina, Magherafelt
Introduction to Anxiety	2	T 24 & 31 March 2026	10.30-12.30pm	Adair Arms, Ballymena
An Introduction to Perfectionism	1	T 24 March 2026	2.00-4.00pm	CRUN, Coleraine
What is WRAP?	1	W 25 March 2026	2.00-3.00pm	ONLINE
Drumming for Wellness	3	Th 19, 26 March & 2 April 2026	11.00-1.00pm	Carrick Leisure Centre
Self-Care	1	W 18 March 2026 F 27 March 2026	10.30-12.30pm 10.30-12.00pm	The Burnavon, Cookstown ONLINE
Building Resilience	1	T 31 March 2026	2.00-4.00pm	ONLINE
An Introduction to PTSD	2	M 13 & 20 April 2026	10.00-12.00pm	Adair Arms, Ballymena
Exploring Recovery	1	M 13 April 2026	2.00-4.00pm	Merville House, Newtownabbey
An Introduction to Depression	2	T 14 & 21 April 2026 Th 30 April & 7 May 2026	10.30-12.30pm 10.30-12.00pm	Carrick Marina Conference Suite ONLINE
Let's Talk about Sleep	1	T 14 April 2026	2.00-3.30pm	ONLINE
Introduction to The Recovery College	1	W 29 April 2026	10.30-11.30pm	ONLINE
Managing Persistent Fatigue	1	F 17 April 2026	10.30-12.00pm	ONLINE
Assertiveness	1	F 17 April 2026	10.30-12.30pm	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**

Courses continued overleaf...



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Arts & Crafts for Wellness	3	T 21,28 April & 5 May 2026	10.30-12.30pm	Holiday Inn Express, Antrim
WRAP	2	W 15 & 22 April 2026	9.30-4.30pm	Cookstown Leisure Centre
No More Labels	1	F 24 April 2026	10.30-12.30pm	Coleraine Leisure Centre
Well Read	6	F 24 Apr & 1, 8, 15, 22, 29 May	10.00-11.30am	ONLINE
Living with Persistent Pain	1	M 27 April 2026	10.30-12.00pm	ONLINE

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