

# Recovery College Timetable

# May & June 2026

Workshop	Sessions	Date	Time*	Venue**
Introduction to Autism Spectrum Disorder	1	W 6 May 2026	10.30am-12.00pm	Online
Exploring Recovery	1	W 6 May 2026	10.30am-12.30pm	Coleraine Leisure Centre
		Th 18 June 2026	10.30am-12.30pm	Cookstown Library
		Th 18 June 2026	10.30am-12.30pm	Holiday Inn Antrim
Parenting through Recovery	2	M 11 & 18 May 2026	10.30am-12.30pm	The Braid Arts Centre, Ballymena
Building Resilience	1	T 12 May 2026	2.00-4.00pm	ONLINE
		F 5 June 2026	10.30am – 12.30pm	ONLINE
		M 15 June 2026	10.30am-12.30pm	Ballymena Library
Living Life with Purpose	1	W 13 May 2026	10.30am-12.30pm	Holiday Inn Antrim
		Th 28 May 2026	10.30am-12.00pm	ONLINE
Self Esteem	2	Th 14 & 21 May 2026	10.30am -12.00pm	ONLINE
		F 12 & 19 June 2026	10.30am-12.30pm	Oakfield Community Centre, Carrickfergus
Let's Talk about Sleep	1	Th 14 May 2026	10.30am – 12.30pm	The Dunnaney Centre, Newtownabbey
		W 17 June 2026	2.00-3.30pm	ONLINE
An Introduction to Anxiety	2	T 19 & 26 May 2026	10.30am-12.00pm	ONLINE
Managing Stress	1	T 19 May 2026	10.30am-12.30pm	Sandy Bay Pavilion Larne
		M 1 June 2026	10.30am-12.30pm	Carrickfergus Library
An Introduction to Perfectionism	1	Th 21 May 2026	2.00-4.00pm	Ballymena Library
Drumming for Wellness	3	T 26 May, 2 & 9 June 2026	10.00am-12.00pm	Involve House Magherafelt
WRAP	2	W 27&Th 28 May 2026	9.30am – 4.30pm	Vineyard Compassion, Coleraine
		M 15 & T 16 June 2026	9.30am-4.30pm	Holiday Inn Antrim
Introduction to The Recovery College	1	M 1 June 2026	10.30-11.30am	ONLINE
Being Mindful Everyday	2	T 2 & 9 June 2026	10.30am – 12.30pm	Holiday Inn Antrim
Introduction to Personality Disorder	1	T 2 June 2026	10.30am -12.00pm	ONLINE
CHIME	2	W 3 & 10 June 2026	10.30am-12.30pm	Coleraine Leisure Centre
Self-Care	1	Th 4 June 2026	2.00-3.30pm	ONLINE
		Th 11 June 2026	10.30am-12.30pm	Merville House, Newtownabbey
Assertiveness	1	M 8 June 2026	10.30am-12.00pm	ONLINE
Mental Health First Aid	2	Th 11 & Fr 12 June 2026	9.30am-4.30pm	Holiday Inn Antrim
Mindful Self Compassion	1	T 16 June 2026	2.00-4.00pm	CRUN, Coleraine

**\*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**

