Recovery College Timetable – Zoom sessions
November & December 2020

Workshop	Sessions	Date	Time
Coffee & Connect	1	2 November 2020 18 November 2020 11 December 2020	11 am 2 pm 11 am
Building Resilience	1	3 November 2020	2 pm
Anxiety	2	5 & 12 November 2020	11 am
Improving Sleep	1	9 November 2020	11 am
Being Mindful Everyday	2	10 &17 November 2020	11 am
Mindful Self-Compassion	1	8 December 2020	11 am
Managing Persistent Fatigue	1	18 November 2020 9 December 2020	11 am
Self – Care	1	19 November 2020	2 pm
An Introduction to Personality Disorder	1	20 November 2020	11 am
What is WRAP	1	23 November 2020 2 December 2020	11 am
Assertiveness	1	24 November 2020	11 am
An Introduction to Bipolar	1	25 November 2020 **Provisional Date**	2 pm
Arts & Crafts for Wellness	3	26 November – 10 December 2020	2 pm
Managing Stress	1	30 November 2020	11 am
Autistic Spectrum Disorder	1	1 December 2020	11 am
Understanding Depression	2	3 & 10 December 2020	11 am
Comfortable in my own skin	2	7 & 14 December 2020	11 am
Self – Care at Christmas	1	15 December 2020	2 pm
Yoga for Absolute Beginners	1	16 December 2020	11 am

Please refer to prospectus for further course information. Workshops will be delivered via Zoom and will last no more than 1 hour (unless otherwise stated). Some dates/venues may be subject to change due to the ongoing Covid-19 pandemic however if this happens we will aim to provide you with as much notice as possible.

HOPE
& OPPORTUNITY
PERSONAL
RESPONSIBILITY
& CONTROL
EDUCATION
& SUPPORT
DEPRESSION
ADVOCACY
RECOVERY &
SOCIAL INCLUSION
WRAP
HEALTHY BODY
HEALTHY MIND
PERSONAL WELLBEING
PLANNING
GOAL SETTING
YOUR STORY

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