

# Recovery College Timetable

## September & October 2021

Workshop	Sessions	Date	Time
Coffee & Connect	1	13 September 2021 28 September 2021 8 October 2021 18 October 2021	11 am 11 am 11 am 2 pm
An introduction to the Recovery College	1	13 September 2021	2 pm
An introduction to Stigma	1	14 September 2021 7 October 2021	11 am 11 am
Being Mindful Everyday	2	14 & 21 September 2021	2 pm
Let's talk about Hope	1	16 September 2021	11 am
Reading for Wellness	4	16 September – 7 October 2021	2 pm
Assertiveness	1	17 September 2021	11 am
Let's talk about Recovery	1	20 September 221 11 October 2021	11 am 2 pm
Managing Stress	1	21 September 2021	11 am
Self-Confidence	1	23 September 2021	11 am
Autism Spectrum Disorder	1	24 September 2021	11 am
Anxiety	2	27 September & 4 October 2021	11 am
Self-care	1	27 September 2021	2 pm
An introduction to Bipolar	1	29 September 2021	2 pm
Let's talk about Loneliness	1	30 September 2021	11 am
An introduction to Personality Disorder	1	October 2021 - TBC	
Looking after myself while caring for others	1	TBC	
Building Resilience	1	5 October 2021	11 am
Feeling comfortable in my own skin	2	6 & 13 October 2021	11 am
PTSD	2	12 & 19 October 2021	11 am
Scribing for Wellness	2	12 & 19 October 2021	2 pm
Understanding Depression	2	14 & 21 October 2021	11 am
An introduction to Fibromyalgia	1	14 October 2021	2 pm
5 Ways to Wellbeing	1	15 October 2021	11 am
Sleep	1	18 October 2021	11 am
Managing Persistent Fatigue	1	20 October 2021	11 am
What is WRAP	1	21 October 2021	2 pm

Please refer to prospectus for further course information. Workshops will be delivered via Zoom and will last between 1 – 1 ½ hours. Some dates/times may be subject to change, 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**