

## AUTUMN TIMETABLE: September – December 2021

Course	Sessions	Dates	Time	Location	How to Register
*The Decider	4	Tuesday 28 <sup>th</sup> September – 19 <sup>th</sup> October	10-12pm	Londonderry Park, Ards	Please contact the main office to book a place on this course
*Discovering a Carer's Journey	4	Wednesday 29 <sup>th</sup> September – 20 <sup>th</sup> October	7-8.30pm	Room 1, Lough House, Ards	Please contact the main office to book a place on this course
*Living Life to the Full	7	Wednesday 13 <sup>th</sup> October – 1 <sup>st</sup> December	10-12pm	Oakley Room, Downshire	Please contact the main office to book a place on this course
*Building Resilience	3	Thursday 7 <sup>th</sup> – 21 <sup>st</sup> October	10-1pm	Bridge Community Centre, Lisburn	Please contact the main office to book a place on this course
Sleep Awareness	2	Tuesday 12 <sup>th</sup> – 19 <sup>th</sup> October	2-3.15pm	Zoom	<a href="#">CLICK HERE TO REGISTER</a>
*WRAP	5	Tuesday 2 <sup>nd</sup> – 30 <sup>th</sup> November	1.30-4.30pm	Training Room 1, Downshire	Please contact the main office to book a place on this course
*Anxiety Management	5	Tuesday 2 <sup>nd</sup> – 30 <sup>th</sup> November	6-8pm	Londonderry Park, Ards	Please contact the main office to book a place on this course
*Exploring Self Compassion	2	Wednesday 3 <sup>rd</sup> – 10 <sup>th</sup> November	2-4pm	Saintfield Leisure Centre	Please contact the main office to book a place on this course
<b>TURN PAGE OVER FOR MORE COURSES</b>					



*“Autumn: The trees are about to show us how lovely it is to let things go”*



To book your place on courses contact us at [recovery.college@setrust.hscni.net](mailto:recovery.college@setrust.hscni.net) or call us on (028) 9041 3872

Like us on Facebook for updates, videos, tips and news mental health recovery: [South Eastern Recovery College](#)



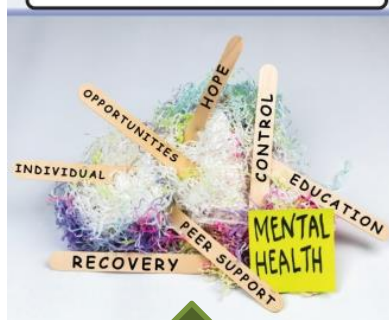
# SOUTH EASTERN RECOVERY COLLEGE -> AUTUMN TIMETABLE -> September – December 2021

Course	Sessions	Dates	Time	Location	How to Register
Coping with Christmas	2	Thursday 4 <sup>th</sup> – 11 <sup>th</sup> November	11-12.15pm	Zoom	<a href="#">CLICK HERE TO REGISTER</a>
Living with Autism as an Adult	5	Thursday 4 <sup>th</sup> November – 2 <sup>nd</sup> December	2-3.15pm	Zoom	<a href="#">CLICK HERE TO REGISTER</a>
Building Self Esteem	4	Monday 8 <sup>th</sup> – 29 <sup>th</sup> November	2-3.15pm	Zoom	<a href="#">CLICK HERE TO REGISTER</a>
Goal-setting for Recovery	1	Thursday 18 <sup>th</sup> November	10-12.30pm	Bridge Community Centre, Lisburn	Please contact the main office to book a place on this course
Introduction to Mindfulness	1	Thursday 25 <sup>th</sup> November	11-12.30pm	Zoom	<a href="#">CLICK HERE TO REGISTER</a>
*Train the Trainer for Recovery College	3	Tuesday 7 <sup>th</sup> – Thursday 9 <sup>th</sup> December	9.30-4.30pm	Training Room 1, Downshire	Please contact the main office to book a place on this course



CLICK TO FIND OUT MORE ABOUT THE RECOVERY COLLEGE

Recovery College Prospectus 2020 - 2021



CLICK TO VIEW OUR CURRENT PROSPECTUS



CLICK TO FIND OUT MORE ABOUT THE WELLNESS RECOVERY NETWORK

## IMPORTANT NOTICE

\*Due to social distancing, face to face courses have restricted places therefore booking is essential. We cannot take walk-ins and we ask that you give as much notice as possible if you are no longer able to attend so that we may offer your space to the waiting list.

Please note that these courses are subject to change per the government guidelines regarding the Covid-19 Pandemic. Face to face courses may move back to online; we will notify you if this happens. Social distancing must be adhered to and the appropriate PPE be used.

Thank you your understanding  
Recovery College Team