

**RECOVERY COLLEGE
SOUTH EAST**



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Website: www.recoverycollegesoutheast.com

Recovery College South East – Online Recovery Education Programme

You are invited to join us in our new Online Recovery Education Programme. It is free and will help us all feel connected and supported during these times of uncertainty.

Follow the simple steps below to connect to our online interactive workshops.

(For more detailed information on the workshops, please go to the Workshop Section of our Website – www.recoverycollegesoutheast.com)

1. Complete the attached enrolment form and email it to the Recovery College South East at recoverycollegesoutheast@gmail.com or forward it to us by post.
Alternatively
2. Phone us on 086 1746330 to enrol
3. Download the free ZOOM app on your mobile phone or/and your laptop.

October 2021

Good Stress/Bad Stress	Tuesday 5 th October	2pm – 4pm
Understanding and Managing Addictions (6 week workshop) <i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i>	Tuesday 5 th , 12 th , 19 th , 26 th October and 2 nd , 9 th November	11am – 1pm
Creative Writing	Wednesday 6 th October	3pm – 4pm
Self Awareness	Wednesday 6 th October	2pm – 4pm
Compassionate Mind (4 week workshop) <i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i>	Friday 8 th , 15 th , 22 nd and 29 th October	11am – 12pm
Understanding Psychosis	Friday 8 th October	11am – 1pm
Understanding and Managing Depression (4 Week Workshop) <i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i>	Monday 11 th , 18 th , October and 1 st and 8 th November	11am – 1pm
Understanding and Managing Stress (3 week Workshop) <i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i>	Tuesday 12 th , 19 th and 26 th October	2pm – 4pm

Positive Self Talk	Wednesday 13 th October	2pm – 4pm
Creative Writing	Wednesday 13 th October	3pm – 4pm
Loneliness and Isolation (4 Week Workshop) <i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i>	Friday 15 th , 22 nd , 29 th October and 5 th November	11am – 1pm
Sleep Programme (6 week workshop) <i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i>	Wednesday 20 th , 27 th October, 3 rd , 10 th , 17 th and 24 th November	11am – 12pm
Self Belief (2 Week Workshop)	Wednesday 20 th and 27 th October	2pm – 4pm
Creative Writing	Wednesday 20 th October	3pm – 4pm
Perfectionism	Thursday 21 st October	11am – 12pm
Understanding and Managing Anxiety (4 Week Evening Workshop) <i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i>	Thursday 21 st , 28 th October and 4 th and 11 th November	7pm – 9pm
Lunchtime Wellbeing	Wednesday 27 th October	1pm – 1.45pm
Assertiveness	Thursday 28 th October	11am – 12pm