

Mental Health & Self-Management

Course	Location	Time	Day	Dates
Anxiety Management	Frederick Place	14:00 - 16:00	Wednesday	Nov' 27 th & Dec' 4 th , 11 th , 18 th
Building Confidence	Online	10:30 - 12:45*	Tuesday	Oct' 1 st , 8 th , 15 th , 22 nd (*some end at 12:15)
Emotional Regulation	Vernon Gardens	14:00 - 16:00	Monday	Nov' 4 th , 11 th , 18 th , 25 th
Living Well with Long-Term Physical Health Conditions	Vernon Gardens	14:00 - 16:30	Monday	Sep' 30 th & Oct' 7 th , 14 th , 21 st
Managing Depression	Frederick Place	11:30 - 13:30	Monday	Oct' 14 th , 21 st , 28 th & Nov' 4 th , 11 th , 18 th
Understanding & Living with Obsessive Compulsive Disorder (OCD)	Online	10:30 - 12:30	Friday	Nov' 22 nd & 29 th & Dec' 6 th
Understanding Autism	Frederick Place	12:00 - 14:00	Thursday	Oct' 17 th , 24 th , 31 st & Nov' 7 th
Understanding Psychosis	Frederick Place	14:15 - 16:15	Monday	Nov' 11 th , 18 th , 25 th & Dec' 2 nd

Health & Wellbeing

Developing Self Esteem	Online	10:30 - 12:45*	Tuesday	Nov' 5 th , 12 th , 19 th , 26 th (*some end at 12:15)
Exploring Relaxation	Vernon Gardens	10:30 - 13:30	Monday	Sep' 30 th & Oct' 7 th , 14 th
Sleep Management	Please contact the College for further details			

Developing Life Skills

Introduction to Mindfulness	Frederick Place	14:00 - 16:30	Wednesday	Oct' 30 th & Nov' 6 th , 13 th
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Creative & Discovery

Drama Games, Creativity & Play	Frederick Place	11:00 - 13:00	Thursday	Nov' 14 th , 21 st , 28 th
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Note: When registering for a course, you must be able to attend all dates for that course.



Our Annual Prospectus is available for download from:

www.southdown.org/services/recovery-college-brighton-hove

Starting your Recovery Journey

Workshop	Location	Time	Day	Dates
Navigating Mental Health	Please contact the College for further details			
Tree of Life	Vernon Gardens	11:00 - 16:00	Wednesday	Nov' 27 th

Mental Health & Self-Management

Menopause and Mental Health	Frederick Place	10:30 - 12:30	Monday	Dec' 2 nd
Mental Health & Gambling Awareness	Frederick Place	10:00 - 14:30	Friday	Nov' 29 th
Understanding & Managing Seasonal Affective Disorder (SAD)	Online	10:30 - 12:30	Thursday	Oct' 17 th & 24 th (must attend both sessions)

Health & Wellbeing

Health Reset	Online	11:00 - 12:45	Thursday	Dec' 5 th & 12 th (must attend both sessions)
NEW Surviving Christmas	Online	10:30 - 13:30	Thursday	Nov' 28 th

Creative & Discovery

Art & Colour	Phoenix Gallery	10:30 - 15:00	Wednesday	Dec' 4 th
Art & Drawing	Phoenix Gallery	10:30 - 15:00	Wednesday	Dec' 11 th
NEW Exploring Poetry	Vernon Gardens	13:00 - 16:30	Thursday	Oct' 24 th
Mindful Photography	Location TBC	11:00 - 15:30	Wednesday	Nov' 6 th