

## Mental Health & Self-Management

Course	Location	Time	Day	Dates
Anxiety Management	Please contact the college for further details			
Building Confidence	Online	10:30 - 12:45*	Tuesday	Feb 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> & Mar 4 <sup>th</sup> (*Sessions 2 & 3 end at 12:15)
Introduction to Complex Emotional & Relational Needs (EUPD/EID)	Isetta Square	11:00 - 13:00	Monday	Mar 17 <sup>th</sup> , 24 <sup>th</sup> , 31 <sup>st</sup> Apr 7 <sup>th</sup> , 14 <sup>th</sup> & 21 <sup>st</sup>
Emotional Regulation	Isetta Square	11:00 - 13:00	Monday	Feb 3 <sup>rd</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> & Mar 3 <sup>rd</sup>
Living Well with Long-Term Physical Health Conditions	Isetta Square	14:00 - 16:30	Monday	Mar 17 <sup>th</sup> , 24 <sup>th</sup> , 31 <sup>st</sup> & 7 <sup>th</sup> Apr
Managing Depression	Isetta Square	11:00 - 13:00	Friday	Feb 28 <sup>th</sup> , Mar 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup> & Apr 4 <sup>th</sup>
Understanding & Living with OCD	Please contact the college for further details			
Understanding Autism	Isetta Square	12:00 - 14:00	Thursday	Mar 20 <sup>th</sup> , 27 <sup>th</sup> & Apr 3 <sup>rd</sup> , 10 <sup>th</sup>
Understanding Psychosis	Isetta Square	14:00 - 16:00	Tuesday	Feb 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> & 4 <sup>th</sup> March

## Health & Wellbeing

Developing Self Esteem	Online	10:30 - 12:45*	Tuesday	Mar 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> & Apr 1 <sup>st</sup> (*Sessions 2 & 3 end at 12:15)
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## Developing Life Skills

Autism & Employment	Isetta Square	13:00 - 15:30	Tuesday	Mar 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> Apr 1 <sup>st</sup> , 8 <sup>th</sup> & 15 <sup>th</sup>
Introduction to Mindfulness	Isetta Square	14:00 - 16:30	Thursday	Feb 6 <sup>th</sup> , 13 <sup>th</sup> & 20 <sup>th</sup>

## Creative & Discovery

Creativity & Self-Care for Carers	Please contact the college for further details			
<b>*NEW*</b> Mindful Drawing	Vernon Gardens	15:00 - 17:00	Thursday	Mar 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> & 27 <sup>th</sup>

Note: When registering for a course, you must be able to attend all of the dates



Our Annual Prospectus is available for download from:

[www.southdown.org/services/recovery-college-brighton-hove](http://www.southdown.org/services/recovery-college-brighton-hove)

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## Starting your Recovery Journey

Workshop	Location	Time	Day	Dates
Navigating Mental Health Services	Please contact the college for further details			
Tree of Life	Vernon Gardens	11:00 - 16:00	Tues & Wed	Wed 5th or Tues 18th Mar
<b>*NEW*</b> What's Holding You Back & How Can You Find Your Purpose?	Online	10:30 - 12:30	Thursday	Apr 3 <sup>rd</sup> & 10 <sup>th</sup> (must attend both sessions)

## Mental Health & Self-Management

Menopause and Mental Health	Vernon Gardens	11:00 - 13:00	Thursday	Apr 3 <sup>rd</sup> & 10 <sup>th</sup> (must attend both sessions)
Mental Health & Gambling Awareness	Isetta Square	10:00 - 14:30	Friday	4 <sup>th</sup> Apr
Self Care	Online	11:00 - 12:45	Thursday	Mar 13 <sup>th</sup> & 20 <sup>th</sup> (must attend both sessions)
Understanding Autism	Vernon Gardens	10:00 - 16:00	Friday	28 <sup>th</sup> Feb

## Health & Wellbeing

Health Reset	Online	11:00 - 12:45	Thursday	Feb 6 <sup>th</sup> & 13 <sup>th</sup> (must attend both sessions)
Relaxation	Isetta Square	11:00 - 13:00	Thursday	Feb 13 <sup>th</sup>

## Creative & Discovery

Art & Colour	Isetta Square	10:30 - 15:00	Wednesday	Feb 26 <sup>th</sup>
Art & Drawing	Isetta Square	10:30 - 15:00	Wednesday	Mar 26 <sup>th</sup>
Drama Games for Confidence	Vernon Gardens	12:30 - 15:30	Wednesday	Mar 19 <sup>th</sup>
<b>*NEW*</b> Exploring Clay	Isetta Square	14:00 - 17:00	Monday	Mar 3 <sup>rd</sup>
Exploring Poetry	Isetta Square	13:00 - 16:30	Tues or Wed	Tues Mar 4 <sup>th</sup> <b>or</b> Wed Mar 12 <sup>th</sup>

**Note: Workshops are single sessions that you attend just once, unless stated otherwise.**