

Mental Health & Self-Management

Course	Location	Time	Day	Dates
Building Confidence	Online	10.30 - 12.15	Tuesday	27 Sep' & 4, 11, 18 Oct'
Emotional Regulation	Online	14.00 - 16.00	Monday	7, 14, 21, 28 Nov'
Introduction to Anxiety	Frederick Place	10.30 - 12.30	Thursday	29 Sep & 6, 13 Oct'
Managing Depression	Frederick Place	13.30 - 16.00	Wednesday	12, 19 26 Oct & 2, 9, 16 Nov'
Understanding Autism	Frederick Place	10.30 - 13.00	Friday	21, 28 Oct & 4, 11 Nov'
Understanding Psychosis	Frederick Place	14.00 - 16.00	Monday	10, 17, 24, 31 Oct' & 7 Nov'

Health & Wellbeing

Sleep Management	Online	12.00 -14.00	Wednesday	16, 23, 30 Nov' & 7 Dec
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Developing Life Skills

Introduction to Mindfulness	Frederick Place	13.30 - 16.00	Thursday	10, 17 & 24 Nov'
Introduction to Self Compassion	Frederick Place	13.30 - 16.00	Friday	18, 25 Nov' & 2 Dec'
Money Matters	Online	13.30 - 16.00	Wednesday	28 Sep' & 5, 12, 19 Oct'

Creative & Discovery

Art & Craft	Frederick Place	10.30 - 12.30	Wednesday	26 Oct & 2, 9, 16 Nov'
Creativity & Self-Care for Carers	Frederick Place	14.00 - 16.00	Thursday	29 Sep' & 6, 13, 20, 27 Oct & 3 Nov'
Mindful Photography	Frederick Place	13.00 - 15.30	Tuesday	18, 25 Oct' & 1, 8, 15 Nov'

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

Workshop	Location	Time	Day	Dates
Coffee & Chat	Online	11.00 - 12.30	Wednesday	23 Nov' - Follow social media for more dates
Recovery Workshop	Frederick Place	10.30 - 15.00	Friday	30 Sep'
Research Workshop	Online	Coming soon - contact the College for further details		
Tree of Life	BMECP Centre	11.30 - 16.00	Tues or Thurs	Tues 1 Nov' or Thurs 3 Nov'
Welcome Sessions	Frederick Place	13.00 - 15.00	Weds or Fri	Weds 28 Sep' or Fri 7 Oct'

Mental Health & Self-Management

Self-Care: Why it is important and how do we make it happen?	Online	11.00 - 12.30	Wednesday	26 Oct' & 2 Nov' (must attend both sessions)
Understanding Autism	Frederick Place	10.30 - 16.30	Monday	21 Nov'
Understanding and Managing Seasonal Affective Disorder (SAD)	Online	11.00 - 12.30	Tuesday	8 & 15 Nov' (must attend both sessions)

Health & Wellbeing

Exploring Relaxation	Frederick Place or Online	13.30 - 15.30	Tues or Fri	Tues 27 Sep' at Frederick Place or Fri 21 Oct' online
Food & Mood	Online	Coming soon - contact the College for further details		

Developing Life Skills

Working for Wellness - Workshop One	Frederick Place	Coming soon - contact the College for further details - attend either or both		
Working for Wellness - Workshop Two	Frederick Place	Coming soon - contact the College for further details - attend either or both		

Creative & Discovery

Drama for Confidence	The Wellbeing Hub at Preston Park	13.30 - 16.30	Tues or Weds	Tues 11 Oct' or Weds 9 Nov'
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