

Mental Health & Self-Management

Course	Location	Time	Day	Dates
Autism & Employment	Frederick Place	13.30 - 16.00	Monday	2, 9, 16 & 23 Oct'
Building Confidence	Online	10.30 - 12.15*	Tuesday	3, 10, 17, 24 Oct' *first/last session end 12.45
Emotional Regulation	Online	Contact the College for further details		
Introduction to Anxiety	Frederick Place	11.00 - 13.00	Monday	30 Oct' & 6, 13, 20 Nov'
Managing Depression	Frederick Place	Contact the College for further details		
Understanding & Living with OCD	Online	11.00 - 12.30	Friday	6, 13 & 20, Oct'
Understanding Autism	Frederick Place	12.00 - 14.00	Thursday	16, 23, 30 Nov' & 7 Dec'
Understanding Psychosis	Frederick Place	14.00 - 16.00	Tuesday	24, 31 Oct' & 7, 14 Nov'

Health & Wellbeing

Developing Self Esteem	Online	10.30 - 12.15*	Tuesday	14, 21, 28 Nov' *first/last session end 12.45
Living with Long Term Health Conditions	Frederick Place	11.00 - 13.30	Wednesday	22, 29 Nov' & 6 Dec'
Sleep Management	Frederick Place	12.00 - 14.00	Thursday	19, 26 Oct' & 2, 9 Nov'

Developing Life Skills

Intro to Mindfulness	Frederick Place	14.00 - 16.30	Tuesday	21, 28 Nov' & 5 Dec'
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Creative & Discovery

Art & Craft	Frederick Place	14.00 - 16.00	Wednesday	11, 18, 25 Oct' & 1 Nov'
Calming & Energizing Sensory Strategies	Frederick Place	13.00 - 15.00	Friday	10, 17 & 24 Nov'
Spending Time in Nature	Frederick Place	Contact the College for further details		

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



Our Annual Prospectus and Autumn Supplement is available for download from:

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

AUTUMN TIMETABLE 2023

Starting your Recovery Journey

Workshop	Location	Time	Day	Dates
What Does Recovery Mean to You?	Frederick Place or Online	10.30 - 15.50	Thursday	12 Oct'
Welcome Sessions	Frederick Place	11.00 - 12.30	Mon' - Fri'	25, 26, 27, 28 & 29 Sep' or 2 Oct'
Welcome Sessions	Frederick Place	13.00 - 14.30	*except Tues'	25, 27, 28 or 29 Sep'
Welcome Sessions	Frederick Place	15.00 - 16.30	*except Tues'	25, 27, 28 or 29 Sep'

Mental Health & Self-Management

Mental Health & Gambling Awareness	Frederick Place	11.00 - 13.00	Thursday	2 or 9 Nov'
Understanding & Managing Seasonal Affective Disorder (SAD)	Online	11.00 - 12.45	Tuesday	31 Oct' & 7 Nov' (must attend both sessions)
Understanding Autism	Frederick Place	10.30 - 16.30	Monday	27 Nov'

Health & Wellbeing

Calming & Energising Sensory Strategies	Coming soon - contact the College for further details			
Exploring Relaxation	Frederick Place	10.30 - 13.30	Weds'/Thurs'	4 Oct' or 30 Nov'
Health Reset	Online	11.00 - 12.45	Thursday	30 Nov' or 7 Dec'

Developing Life Skills

Working for Wellness - Workshop 1 & 2	Frederick Place	14.00 - 16.00	Thursday	16 & 23 Oct' (attend either or both)
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Creative & Discovery

Drama Games for Confidence (Making it Up as You Go Along)	The Wellbeing Hub at Preston Park	12.00 - 14.30	Monday	2 or 16 Oct'
Research & Recovery	Frederick Place	13.30 - 15.00	Friday	1 Dec'
Tree of Life	Frederick Place	11.30 - 16.00	Fri'/Weds'	27 Oct' or 15 Nov'

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