

### Mental Health & Self-Management

Course	Location	Time	Day	Dates
Building Confidence	Online	10.30 - 12.45*	Tuesday	12, 19, 26 Mar' & 2 Apr' (*some end at 12.15)
Emotional Regulation	Frederick Place	14.00 - 16.00	Monday	8, 15, 22 & 29 Apr'
Living Well with Long-Term Physical Health Conditions (non-clinical)	Vernon Gardens	14.00 - 16.30	Wednesday	31 Jan' & 7, 14, 21 Feb'
Introduction to Anxiety (course one)	Frederick Place	12.00 - 14.00	Monday	29 Jan' & 5, 12, 19 Feb'
Introduction to Anxiety (course two)	This whole course will be repeated for a second run of dates - contact the College for further details			
Managing Depression	Frederick Place	12.00 - 14.00	Tuesday	27 Feb', 5, 12, 19 Mar' & 2 Apr'
Understanding & Living with Obsessive Compulsive Disorder (OCD)	Online	10.30 - 12.00	Thursday	8, 15 & 22 Feb'
Understanding Autism	Frederick Place	12.00 - 14.00	Thursday	15, 22, 29 Feb' & 7 Mar'
Understanding Psychosis	Frederick Place	14.00 - 16.00	Friday	16, 23 Feb' & 1, 8 Mar'

### Health & Wellbeing

Developing Self Esteem	Online	10.30 - 12.45*	Tuesday	20, 27 Feb' & 5 Mar' (*some end at 12.15)
Exploring Relaxation	Frederick Place	11.00 - 13.00	Thursday	29 Feb' & 7, 14 Mar'

### Developing Life Skills

Autism & Employment	Frederick Place	13.30 - 16.00	Monday	19, 26 Feb' & 4, 11, 18 Mar'
Introduction to Mindfulness	Frederick Place	14.30 - 17.00	Tuesday	6, 13 & 20 Feb'

### Creative & Discovery

Drama Games, Creativity & Play	Vernon Gardens	11.00 - 13.00	Monday	11, 18, 25 Mar'
Mindful Photography	Frederick Place	11.00 - 13.30	Wednesday	28 Feb' & 6, 13, 20, 27 Mar'

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

# SPRING TIMETABLE 2024

## Starting your Recovery Journey

Workshop	Location	Time	Day	Dates
Navigating Mental Health Support Services	Frederick Place	13.00 - 15.30	Thursday	8 Feb'
Research & Recovery	Frederick Place	13.00 - 15.00	Friday	29 Mar'
What Does Recovery Mean To You?	Please contact the College for further details			

## Mental Health & Self-Management

Understanding Autism	Vernon Gardens	10.00 - 16.00	Monday	12 Feb'
Mental Health & Gambling Awareness	Frederick Place	11.00 - 13.00	Monday	21 Mar & 1 Apr' (must attend both sessions)

## Health & Wellbeing

Health Reset	Online	11.00 - 12.45	Thursday	1 & 8 Feb' (must attend both sessions)
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## Developing Life Skills

Wellbeing for Work	Frederick Place	10.30 - 12.30	Monday	4 & 11 Mar' (attend either or both sessions)
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## Creative & Discovery

Art & Collage	Frederick Place	10.30 - 14.30	Wednesday	14 Feb'
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**Note: Workshops are one off single sessions that you attend just once, unless stated otherwise.**