

Mental Health & Self-Management

Course	Location	Time	Day	Dates
Building Confidence 1	Online	10.30 - 12.45*	Tuesday	21, 28 May & 4, 11 Jun' (*some end at 12.15)
Building Confidence 2	Online	10.30 - 12.45*	Thursday	6, 13, 20, 27 Jun' (*some end at 12.15)
Living Well with Long-Term Physical Health Conditions (non-clinical)	Frederick Place	13.30 - 16:00	Wednesday	5, 12, 19, 26 Jun'
Emotional Regulation	TBC	14:00 - 16:00	Monday	1, 8, 15, 22 Jul'
Emotional Regulation	This whole course will be repeated for a second run of dates - contact the College for further details			
Introduction to Anxiety	Frederick Place	11:00 -13:00	Tuesday	21, 28, May & 4, 11 Jun'
Understanding & Living with Obsessive Compulsive Disorder (OCD)	Online	11:00-13:00	Friday	7, 14, 21 Jun'
Understanding Autism	Frederick Place	12:00-14:00	Thursday	13, 20, 27, Jun' & 4 Jul'
Understanding Psychosis	Frederick Place	14:00– 16:00	Friday	31 May & 7, 14, 21, Jun'
Managing Depression	Frederick Place	11:30– 14:30	Monday	10, 17, 24 Jun & 1, 8, 15 Jul'

Health & Wellbeing

Developing Self Esteem	Online	10.30 - 12.45*	Tuesday	18, 25 Jun' & 2, 9 Jul' (*some end at 12.15)
Developing Self Esteem	Online	10.30 - 12.45*	Thursday	4, 11, 18, 25 Jul' (*some end at 12.15)
Exploring Relaxation	Frederick Place	11:00– 13:00	Wednesday	22, 29 May & 5 Jun'

Developing Life Skills

Autism & Employment	Frederick Place	13.30 - 16.00	Monday	10, 17, 24 Jun & 1, 8, 15 Jul'
Mindfulness-Based Cognitive Therapy	Friends Meeting House	14.00 - 16:30	Thursday	30 May & 6, 13, 20, 27 Jun' & 4, 11, 18, 25 Jul'

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

SUMMER TIMETABLE 2024

Creative & Discovery

Spending Time in Nature	Vernon Gardens & Frederick Place	13:30-16:00	Thursday	23, 30 May & 6 Jun'
Creativity and Self Care for Carers	Please contact the college for further details			

Starting your Recovery Journey

Workshop	Location	Time	Day	Dates
Navigating Mental Health Support Services	Frederick Place	13:30 - 16:00	Tuesday	9 Jul'

Mental Health & Self-Management

Understanding Autism	Frederick Place	10.00 - 16.00	Monday	3 Jun'
Mental Health & Gambling Awareness	Frederick Place	11.00 - 14.00	Friday	5 & 12 Jul' (must attend both sessions)

Developing Life Skills

Wellbeing for Work	Frederick Place	10.30 - 12.30	Thursday	27 Jun' & 4 Jul' (attend either or both sessions)
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Creative & Discovery

Art & Colour	Phoenix Gallery	10.30 - 14.30	Wednesday	12 Jun'
Art and Drawing	Phoenix Gallery	10;30 – 14:30	Wednesday	26 Jun'
Art and Collage	Phoenix Gallery	11:00 – 15:00	Wednesday	17 Jul'
Drama Games, Creativity and Play	Vernon Gardens	13:00 – 16:00	Monday	20 May
Mindful Photography	Frederick Place	11:00—15:30	Wednesday	3 Jul'

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