

## Mental Health & Self-Management

Course	Location	Time	Day	Dates
<b>**New**</b> Introduction to ADHD	35 New England St	11:00 - 13:00	Monday	Nov 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> & 24 <sup>th</sup>
Anxiety Management	35 New England St	14:00 - 16:00	Monday	Sept 29 <sup>th</sup> & Oct 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup>
Building Confidence	Online	10:30 - 12:45*	Tuesday	Nov 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> & Dec 2 <sup>nd</sup> (*sessions 2 & 3 end at 12:15)
Caring for Carers	35 New England St	11:00 - 13:00	Thursday	Oct 30 <sup>th</sup> , Nov 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> & Dec 4 <sup>th</sup>
Emotional Regulation	Preston Park Wellbeing Hub	13:30 - 15:30	Monday	Nov 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> & 24 <sup>th</sup>
Understanding & Living with OCD	Online	11:00 - 13:00	Friday	Nov 7 <sup>th</sup> , 14 <sup>th</sup> & 21 <sup>st</sup>
Understanding Autism	35 New England St	10:30 - 12:30	Thursday	Oct 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> & 30 <sup>th</sup>
Understanding Bi-Polar	Online	10:30 - 12:30	Thursday	Nov 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> & Dec 4 <sup>th</sup>
Understanding Psychosis	Online	14:30 - 16:30	Tuesday	Nov 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> & Dec 2 <sup>nd</sup>
What's Holding You Back & How Can You Find Purpose?	Online	10:30 - 12:45*	Monday	Sept 29 <sup>th</sup> & Oct 6 <sup>th</sup> , 13 <sup>th</sup> (*session 2 ends at 12:30)

## Health & Wellbeing

Developing Self Esteem	Online	10:30 - 12:45*	Tuesday	Oct 14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup> & Nov 4 <sup>th</sup> (*sessions 2 & 3 end at 12:15)
Sleep Management	35 New England St	11:00 - 13:00	Friday	Oct 3 <sup>rd</sup> , 10 <sup>th</sup> & 17 <sup>th</sup>

## Developing Life Skills

Introduction to Mindfulness	Online	14:00 - 16:00	Thursday	Oct 23 <sup>rd</sup> , 30 <sup>th</sup> & Nov 6 <sup>th</sup>
Kitchen Therapy	Preston Park Wellbeing Hub	11:00 - 14:00	Monday	Sept 29 <sup>th</sup> & Oct 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup>

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

# BRIGHTON & HOVE RECOVERY COLLEGE

AUTUMN TIMETABLE 2025

## Starting your Recovery Journey

Workshop	Location	Time	Day	Dates
Tree of Life	Clarendon Centre	11:00 - 16:00	Mon & Tues	Nov 3 <sup>rd</sup> & 4 <sup>th</sup> (*must attend both sessions)

## Mental Health & Self-Management

Mental Health & Gambling Awareness	35 New England St	10:00 - 14:30	Friday	Nov 28 <sup>th</sup>
Understanding Autism	35 New England St	10:30 - 16:30	Monday	Dec 8 <sup>th</sup>
Understanding & Managing Seasonal Affective Disorder (SAD)	Online	10:30 - 12:30	Tuesday	Sept 30 <sup>th</sup> & Oct 7 <sup>th</sup> (*must attend both sessions)

## Health & Wellbeing

Relaxation	TBC	11:00 - 13:00	Thursday	Oct 23 <sup>rd</sup>
Surviving Christmas	Online	10:30 - 13:30	Thursday	Nov' 27 <sup>th</sup> or Dec 4 <sup>th</sup>

## Creative & Discovery

<b>**New**</b> Creative Collage	Phoenix Gallery	10:30 - 15:00	Wednesday	Nov 26 <sup>th</sup> & Dec 3 <sup>rd</sup> (*must attend both sessions)
Exploring Clay	35 New England St	14:00 - 16:00	Thursday	Nov 13 <sup>th</sup> & 20 <sup>th</sup> (*must attend both sessions)
<b>**New**</b> Exploring Needle Felting	35 New England St	11:00 - 15:00	Friday	Oct 31 <sup>st</sup>
<b>**New**</b> Painting with Acrylics	Phoenix Gallery	10:30 - 15:00	Wednesday	Nov 12 <sup>th</sup> & 19 <sup>th</sup> (*must attend both sessions)

Southdown

**NHS**  
Sussex Partnership  
NHS Foundation Trust

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

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