

### Mental Health & Self-Management

Course	Location	Time	Day	Dates
Autism & Employment	Frederick Place	10.30 - 13.00	Tuesday	14, 21, 28 Mar' & 4 Apr'
Building Confidence	Online	10.30 - 12.15	Tuesday	28 Feb' & 7, 14, 21 Mar'
Emotional Regulation	Online	11.00 - 13.00	Monday	20, 27 Mar' & 3, 10 Apr'
Introduction to Anxiety	Coming soon - contact the College for further details			
Understanding Autism	Frederick Place	10.30 - 13.00	Thursday	23 Feb' & 2, 9, 16 Mar'
Understanding Psychosis	Frederick Place	14.00 - 16.00	Thursday	9, 16, 23 Feb' & 2 Mar'

### Health & Wellbeing

Exploring Relaxation	Frederick Place	14.00 - 16.00	Wednesday	22, 29 Mar' & 5 Apr'
Sleep Management	Online	12.00 - 14.00	Wednesday	22 Feb & 1, 8, 15 Mar'

### Developing Life Skills

Introduction to Mindfulness	Frederick Place	14.00 - 16.30	Tuesday	14, 21 & 28 Mar'
Introduction to Self Compassion	Frederick Place	13.30 - 16.00	Tuesday	21, 28 Feb' & 7 Mar'
Money Matters	Online	14.00 - 16.30	Tuesday	7, 14, 21 & 28 Feb'

### Creative & Discovery

Art & Craft	Frederick Place	10.30 - 12.30	Wednesday	15, 22, 29 Mar' & 5 Apr'
Creativity & Self-Care for Carers	Frederick Place	13.30 - 15.30	Wednesday	8, 15, 22 Feb' & 1, 8, 15 Mar'
Mindful Photography	Frederick Place	14.00 - 16.30	Thursday	9, 16, 23, 30 Mar' & 6 Apr'

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



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

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

## Starting your Recovery Journey

Workshop	Location	Time	Day	Dates
Coffee & Chat	Online	11.00 - 12.30	Tuesday	28 Mar'
Tree of Life	BMECP Centre	11.30 - 16.00	Various	Mon 27 Feb' or Thurs 30 Mar' or Weds 5 Apr'
Welcome Session One	Frederick Place	10.30 - 12.30	Tuesday	31 Jan'
Welcome Session Two	Frederick Place	13.30 - 15.30	Wednesday	1 Feb'
What Does Recovery Mean to You?	Fred' Place or Online	10.30 - 15.30	Thursday	2 Feb'

## Mental Health & Self-Management

Beating New Year Blues	Coming soon - contact the College for further details			
Mental Health & Gambling Awareness	Frederick Place	11.00 - 13.00	Monday	27 Feb' & 6 Mar' (must attend both sessions)
Self-Care: Why it is important and how do we make it happen?	Online	11.00 - 12.30	Thursday	30 Mar' & 6 Apr' (must attend both sessions)
Understanding and Managing Seasonal Affective Disorder (SAD)	Online	11.00 - 12.30	Tuesday	31 Jan' & 7 Feb' (must attend both sessions)
Understanding Autism	Frederick Place	10.30 - 16.30	Monday	20 Feb'

## Health & Wellbeing

Food & Mood	Online	14.00 - 15.30	Monday	20 Feb'
Health Reset	Online	11.00 - 12.30	Tuesday	14 and 21 Feb' (must attend both sessions)

## Developing Life Skills

Working for Wellness - Workshop 1 & 2	Frederick Place	13.00 - 15.00	Monday	20 & 27 Mar' (attend either or both)
---------------------------------------	-----------------	---------------	--------	--------------------------------------

## Creative & Discovery

Art & Craft	Frederick Place	11.00 - 15.00	Tuesday	14 Feb'
Drama for Confidence	Hub @ Preston Park	10.00 - 12.30	Friday	24 or 31 Mar'

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