

Mental Health & Self-Management

Course	Location	Time	Day	Dates
ADHD	35 New England St	11:00 -1300	Monday	March 2nd, 9th, 16th, 23rd and 30th
Anxiety Management	35 New England St	13:00 -1500	Thursday	Mar 19th, 26th, Apr 2nd & 9th
Building Confidence	Online	10:30 - 12:45	Tuesday	March 10 th , *17 th , *24 th & 31 st *session finishes at 12.15
Complex Emotional Needs (CENS)	35 New England St	11:00 - 13:00	Thursday	Feb 5th, 12th, 19 th , 26th & Mar 5th
Emotional Regulation	Preston Park	13:30 - 15:30	Monday	March 9 th , 16 th , 23 th & 30th
Living Well with Long Term Physical Health Conditions	35 New England St	13:00 - 15:30	Monday	Feb 2nd, 9th, 16th, 23rd & March 2nd
Managing Depression	Online	13:00 - 15:00	Thursday	Feb 5th, 12th, 19 th , 26 th & Mar 5th
Understanding Autism	35 New England St	14:00 - 16:00	Thursday	Feb 19 th & 26 th , Mar 5 th & 12th
Understanding Bipolar	Online	10:30 - 12:30	Thursday	Mar 12th, 19th, 26th, Apr 2nd & 9th
Understanding Psychosis	Online	14:30 -16:30	Tuesday	Feb 3rd, 11th, 17th & 24th

Health & Wellbeing

Cooking for Recovery	Preston Park	11:00 - 14:00	Monday	Jan 26th, Feb 2nd, 9th, 16 th & 23rd
Developing Self Esteem	Online	10:30 - 12:45	Tuesday	Feb 3rd, *10th, *17th & 24th
Mindfulness for Recovery & Wellbeing	35 New England St	14:00 - 16:30	Tuesday	Feb 3rd, 10th & 17th

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



Our Annual Prospectus is available for download from:

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

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Starting your Recovery Journey

Workshop	Location	Time	Day	Dates
What Does Recovery Mean to You?	35 New England St	10:30 - 15:30	Tuesday	3rd March

Mental Health & Self-Management

Self-Care: why is it important and how do we make it happen?	Online via Teams	11:00 - 12:30	Thursday	2nd & 9th April
Understanding Autism	Preston Park	10:00 -16:00	Monday	9th February

Creative & Discovery

Drama Games For Confidence	Clarendon Centre	12:30 -15:30	Tuesday	24th February
Mindful Photography	Friends meeting Hse	11:00 -15:30	Tuesday	17th March
Needle Felting	35 New England St	14:00 -16:30	Thursday	12th February

Welcome sessions

In person	35 New England St	11:00 -12:30	Wednesday	28th January
Online	Online via Teams	10:30 -11:30	Thursday	29th January
In person	35 New England St	14:00 -15.30	Thursday	29th January



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