



Upcoming Courses 2018-2019

Please note: The course venues and dates can be subject to change but we only do this when necessary and will notify students if any changes occur by text, email or telephone.

If you are unable to attend your course, please notify the Recovery College as soon as possible as our courses have limited spaces. To cancel your space, drop us an email at RecoveryCollege@belfasttrust.hscni.net or give us a call **02895 043059**.

Course	Date	Time	Venue
Building Self Esteem	6 th & 13 th Sept 2018	10.30am – 4pm	Spectrum Centre 331 Shankill Road Belfast, BT13 6AA
Top Tips for Looking After Yourself	11 th Sept 2018	1pm – 4pm	Windsor Womens Centre 136-144 Broadway Belfast, BT12 6HY
Journey Through Discovery	17 th Sept 2018	10.30am – 1.30pm	East Belfast Network Centre 55 Templemore Avenue Belfast, BT5 4FP
Living With Schizophrenia	19 th Sept 2018	1pm – 4pm	Ballynafeigh Community Dev. Association 283 Ormeau Rd Belfast, BT7 3GG
Introduction to Psychological Therapies	20 th Sept 2018	10.30am – 1.30pm	Womens Tech 29 Chichester Avenue Belfast, BT15 5EH
Wellness Recovery Action Plan (WRAP)	25 th & 26 th Sept 2018	10am – 4.30pm	Loughside Recreation Centre Shore Road Belfast, BT15 3PZ

Course	Date	Time	Venue
Understanding Advocacy (OCN Level 2)	27 th Sept, 4 th & 11 th Oct 2018	10am – 4pm	Inspire Wellbeing 10-20 Lombard Street Belfast, BT1 1RD
Exploring Attitudes to Mental Health	28 th Sept 2018	10am – 1pm	Windsor Womens Centre 136-144 Broadway Belfast, BT12 6HY
Understanding Medications	1 st Oct 2018	2pm – 4pm	Upper Springfield Dev. Trust 689 Springfield Road Belfast, BT12 7FP
Wellness Recovery Action Plan (WRAP)	9 th & 10 th Oct 2018	10am – 4.30pm	Spectrum Centre 331 Shankill Road Belfast, BT13 6AA
Creative Writing for Personal Development	10 th Oct – 5 th Dec 2018 (weekly for 9 weeks)	11am – 1pm	Belfast Central Library Royal Ave Belfast, BT1 1EA
Money Management Coaching	18 th Oct 2018	10am – 1pm	Ballynafeigh Community Development Association 283 Ormeau Rd Belfast, BT7 3GG

Course	Date	Time	Venue
Living with Autism in Adulthood	19 th Oct 2018	2pm – 4pm	Upper Springfield Dev. Trust 689 Springfield Road Belfast, BT12 7FP
Developing Friendships and Social Support Network	22 nd Oct 2018	1pm – 4pm	East Belfast Network Centre 55 Templemore Avenue Belfast, BT5 4FP
Living with Anxiety	23 rd Oct 2018	1.30pm – 4.30pm	Womens Tech 29 Chichester Avenue Belfast, BT15 5EH
Living with Bi-Polar Disorder	29 th Oct 2018	1.30pm – 4.30pm	Loughside Recreation Centre Shore Road Belfast, BT15 3PZ
Living with Loss	5 th Nov 2018	1.30pm – 4.30pm	Spectrum Centre 331 Shankill Road Belfast, BT13 6AA
Wellness Recovery Action Plan (WRAP)	8 th & 9 th Nov 2018	10am – 4.30pm	East Belfast Network Centre 55 Templemore Avenue Belfast, BT5 4FP

Course	Date	Time	Venue
ESA & PIP (How to Claim and How to Appeal)	15 th Nov 2018	1.30pm – 4.30pm	Belfast City Mission Grosvenor House 5 Glengall Street Belfast, BT12 5AD
ESA & PIP (How to Claim and How to Appeal)	6 th Dec 2018	1.30pm – 4.30pm	East Belfast Network Centre 55 Templemore Avenue Belfast, BT5 4FP
Wellness Recovery Action Plan (WRAP)	10 th & 11 th Dec 2018	10am – 4.30pm	Upper Springfield Dev. Trust 689 Springfield Road Belfast, BT12 7FP

- **Please Note – Lunch is not provided for any of our 2+ day courses. Café facilities will be available within or near the venue.**
- **Tea & Coffee will be provided on some of our courses where café facilities are not available within the venue.**

Course	Date	Time	Venue
ESA & PIP (How to Claim and How to Appeal)	15th Jan 2019	1.30pm – 4.30pm	Womens Tech 29 Chichester Avenue Belfast, BT15 5EH
Understanding Advocacy (OCN Level 2)	17 th , 24 th & 31 st Jan 2019	10am – 4pm	Inspire Wellbeing 10-20 Lombard Street Belfast, BT1 1RD
Do You Need Help To Quit Smoking?	18 th Jan 2019	2pm – 3.30pm	Loughside Recreation Centre Shore Road Belfast, BT15 3PZ
Journey Through Discovery	24 th Jan 2019	1.30pm – 4.30pm	Windsor Womens Centre 136-144 Broadway Belfast, BT12 6HY
Living with Autism in Adulthood	25 th Jan 2019	2pm – 4pm	East Belfast Network Centre 55 Templemore Avenue Belfast, BT5 4FP
Music & Mood	5 th Feb 2019	2pm – 4pm	Spectrum Centre 331 Shankill Road Belfast, BT13 6AA

Course	Date	Time	Venue
Living with Schizophrenia	6 th Feb 2019	1pm – 4pm	North City Business Centre, 2 Duncairn Gardens, Belfast, BT15 2GG
Self Directed Support	12 th Feb 2019	2pm – 4pm	Belfast City Mission Grosvenor House 5 Glengall Street Belfast, BT12 5AD
Wellness Recovery Action Plan (WRAP)	14 th & 15 th Feb 2019	10am – 4.30pm	Belfast City Mission Grosvenor House 5 Glengall Street Belfast, BT12 5AD
Introduction to Psychological Therapies	21 st Feb 2019	10am – 1pm	Upper Springfield Dev. Trust 689 Springfield Road Belfast, BT12 7FP
Understanding Medications	4 th Mar 2019	2pm – 4pm	Concorde Community Centre 36 Alliance Rd Belfast, BT14 7JB
Developing Friendships and Social Support Networks	5 th Mar 2019	1pm – 4pm	Morton Community Centre 10 Lorne St, Belfast, BT9 7DU

Course	Date	Time	Venue
Building Self Esteem	7 th & 14 th Mar 2019	12.30pm – 4pm	Farset Centre 466 Springfield Road Belfast, BT12 7DW
Living with Anxiety	13 th Mar 2019	1.30pm – 4.30pm	Windsor Womens Centre, 136-144 Broadway, Belfast, BT12 6HY
Living with Psychosis	15 th Mar 2019	1pm – 4pm	Loughside Recreation Centre Shore Road Belfast, BT15 3PZ
Wellness Recovery Action Plan (WRAP)	21 st & 22 nd Mar 2019	10am – 4.30pm	Ballynafeigh Community Dev. Association 283 Ormeau Rd Belfast, BT7 3GG
Living with Loss	26 th Mar 2019	1.30pm – 4.30pm	East Belfast Network Centre 55 Templemore Avenue Belfast, BT5 4FP
Money Management Coaching	28 th Mar 2019	10am – 1pm	Womens Tech 29 Chichester Avenue Belfast, BT15 5EH

Course	Date	Time	Venue
Introduction to Psychological Therapies	11 th Apr 2019	10am – 1pm	Belfast City Mission Grosvenor House 5 Glengall Street Belfast, BT12 5AD

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Course	Date	Time	Venue
Living with Psychosis	1 st May 2019	1pm – 4pm	Ballynafeigh Community Development Association 283 Ormeau Rd Belfast, BT7 3GG
Understanding Advocacy (OCN Level 2)	9 th , 16 th & 23 rd May 2019	10am – 4pm	Inspire Wellbeing, 10-20 Lombard Street, Belfast, BT1 1RD
Understanding Schizophrenia	15 th May 2019	1pm – 4pm	Loughside Recreation Centre Shore Road Belfast, BT15 3PZ
Do You Need Help To Quit Smoking?	17 th May 2019	1.30pm – 3.30pm	Belfast City Mission Grosvenor House 5 Glengall Street Belfast, BT12 5AD
Living with Autism in Adulthood	7 th June 2019	2pm – 4pm	Morton Community Centre 10 Lorne St, Belfast, BT9 7DU
Living with Anxiety	11 th June 2019	1.30pm – 4.30pm	East Belfast Network Centre 55 Templemore Avenue Belfast, BT5 4FP

Course	Date	Time	Venue
Living with Loss	25 th June 2019	1.30pm – 4.30pm	Womens Tech 29 Chichester Avenue Belfast, BT15 5EH

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