



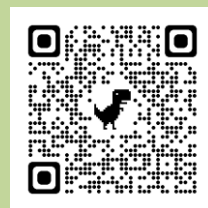
**Recovery Education Programme - South Tipperary**  
**April - June 2026**

You are invited to join us in our new Recovery Education Programme for Spring/Summer 2026. All our courses and workshops are co-produced and co-delivered by those who have lived experience in partnership with professional expertise, **“the expert by experience working alongside the expert by profession”**.

*Courses and workshops at the Recovery College South East are for everyone and are free.*

You will see that some of our workshops are both online and in house. We offer a choice of platforms for people to access. When enrolling please specify whether you will be attending in-person or online.

(For more detailed information on the workshops, please go to the Workshop Section of our Website – [www.recoverycollegesoutheast.com](http://www.recoverycollegesoutheast.com).) You can scan our QR code for quick access to our website.



1. Complete the attached enrolment form and email it to the Recovery College South East at [info@recoverycollegesoutheast.com](mailto:info@recoverycollegesoutheast.com) or
2. Phone us on 086 1746330 to enrol

**Clonmel**

**April 2026**

VENUE	WORKSHOP NAME	DATES	TIME
Clonmel Community Mental Health Centre Glenconnor Road Clonmel E91 XT20 <b>In-house</b>	<b><u>Beyond Fear: Tools For Your Recovery Journey – Learning How to Overcome Fear (4-week workshop – one morning per week)</u></b>  This practical 4-week workshop explores what fear means for you and how it affects daily life. Learn tools to manage fear, reduce indecision, and build confidence so you can move from feeling stuck to taking positive action. Each session offers insight, support, and skills to help you respond to challenges with greater clarity and strength.  <i>See workshop description – Page 9</i>  <b><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions if possible.</i></b>	Tuesday 14 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup> April and 5th May	10:00am - 12:30pm

<p>South Tipperary Involvement Centre (Blue Room) Place4U 25 Gladstone Street Clonmel E91 HK51</p> <p><b>In-house</b></p>	<p><b><u>Developing Coping Skills (8-week workshop – one morning per week)</u></b></p> <p>This eight-week workshop will explore what coping skills are and will provide practical tips and tools to help you develop your own unique coping skills toolbox.</p> <p>Participants will learn different types of coping skills, and practice relaxation and short guided meditations.</p> <p><i>See workshop description – Page 9</i></p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions if possible.</i></p>	<p>Thursday 16<sup>th</sup>, 23<sup>rd</sup> &amp; 30<sup>th</sup> April, 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> &amp; 28<sup>th</sup> May and 4<sup>th</sup> June</p>	<p>10:00am – 11:30am</p>
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## May 2026

VENUE	WORKSHOP NAME	DATES	TIME
<p>Clonmel Community Mental Health Centre Glenconnor Road Clonmel E91 XT20</p> <p><b>In-house</b></p>	<p><b><u>Creating Healthy Habits (2-week workshop – one morning per week)</u></b></p> <p>A practical two-week workshop exploring how habits form and how small changes can make a big difference. Learn to identify triggers, break unhelpful patterns, and gain the tools to help you to build healthy routines that last.</p> <p><i>See workshop description – Page 9</i></p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions if possible.</i></p>	<p>Tuesday 12<sup>th</sup> &amp; 19<sup>th</sup> May</p>	<p>10:00am - 12:30pm</p>
<p>Clonmel Community Mental Health Centre Glenconnor Road Clonmel E91 XT20</p> <p><b>In-house</b></p>	<p><b><u>Food For Mood (Morning Workshop)</u></b></p> <p>This workshop explores how the foods we choose can influence our mood, energy, and overall mental wellbeing, while also looking at what a balanced, supportive diet can look like.</p> <p><i>See workshop description – Page 10</i></p>	<p>Tuesday 26<sup>th</sup> May</p>	<p>10:00am - 12:30pm</p>

## June 2026

VENUE	WORKSHOP NAME	DATES	TIME
<p>Clonmel Community Mental Health Centre Glenconnor Road Clonmel E91 XT20</p> <p><b>In-house</b></p>	<p><b><u>Human Rights in Action: The FREDA Workshop (2-week workshop – one morning per week)</u></b></p> <p>Understand your rights through the lens of Fairness, Respect, Equality, Dignity, and Autonomy. This two-week workshop breaks down these five core pillars to help you recognize when people are being treated right—and what to do when they aren't. It's about more than just rules; it's about safety, respect, and the power of personal choice.</p> <p><i>See workshop description – Page 10</i></p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions if possible.</i></p>	<p>Tuesday 2<sup>nd</sup> &amp; 9<sup>th</sup> June</p>	<p>10:00am - 12:30pm</p>

<p>Clonmel Community Mental Health Centre Glennconner Road Clonmel E91 XT20</p> <p><b>In-house</b></p>	<p><b><u>Building Resilience (3-week workshop – one morning per week)</u></b></p> <p>Resilience helps us navigate life’s challenges with strength and balance. In this three-week workshop, we’ll explore what resilience is, why it matters, and practical ways to nurture it in everyday life.</p> <p><i>See workshop description – Page 10</i></p> <p><b><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions if possible.</i></b></p>	<p>Tuesday 16<sup>th</sup>, 23<sup>rd</sup> &amp; 30<sup>th</sup> June</p>	<p>10:00am – 12:30pm</p>
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## Cashel

April 2026			
VENUE	WORKSHOP NAME	DATES	TIME
<p>Carraig Óir William Street Cashel E25 F865</p> <p><b>In-house</b></p>	<p><b><u>Let’s Talk Anxiety (4-week workshop – one morning per week)</u></b></p> <p>Anxiety is a natural human response, and most of us experience periods of worry, tension, or nervousness at different stages of our lives.</p> <p>This four-week workshop explores what anxiety is, why it happens, and how it affects the mind and body. Learn practical, evidence-based strategies to recognise triggers and manage anxiety more confidently in daily life.</p> <p><i>See workshop description – Page 10</i></p> <p><b><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions if possible.</i></b></p>	<p>Wednesday 15<sup>th</sup>, 22<sup>nd</sup> &amp; 29<sup>th</sup> April and 6<sup>th</sup> May</p>	<p>10:00am - 12:30pm</p>
May 2026			
VENUE	WORKSHOP NAME	DATES	TIME
<p>Carraig Óir William Street Cashel E25 F865</p> <p><b>In-house</b></p>	<p><b><u>Creating Healthy Habits (2-week workshop – one morning per week)</u></b></p> <p>A practical two-week workshop exploring how habits form and how small changes can make a big difference. Learn to identify triggers, break unhelpful patterns, and gain the tools to help you to build healthy routines that last.</p> <p><i>See workshop description – Page 9</i></p> <p><b><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions if possible.</i></b></p>	<p>Wednesday 13<sup>th</sup> &amp; 20<sup>th</sup> May</p>	<p>10:00am - 12:30pm</p>
<p>Carraig Óir William Street Cashel E25 F865</p> <p><b>In-house</b></p>	<p><b><u>Understanding and Living with Psychosis/Paranoia (Morning Workshop)</u></b></p> <p>While psychosis/paranoia is surprisingly common, it can be a very unsettling and frightening experience.</p> <p>This workshop offers a safe space to learn about psychosis and paranoia, understand their impact, and explore practical ways to live well while managing these experiences.</p> <p><i>See workshop description – Page 10</i></p>	<p>Wednesday 27<sup>th</sup> May</p>	<p>10:00am - 12:30pm</p>

## June 2026

VENUE	WORKSHOP NAME	DATES	TIME
Carraig Óir William Street Cashel E25 F865 <b>In-house</b>	<p><b><u>Overcoming Loneliness and Isolation - Reconnecting with Yourself and Your Community (3-week workshop – one morning per week)</u></b></p> <p>This three-week workshop explores how loneliness and isolation impacts on all aspects of life and shares ideas on how loneliness and isolation can be positively addressed.</p> <p><i>See workshop description – Page 11</i></p> <p><b><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></b></p>	Wednesday 3 <sup>rd</sup> , 10 <sup>th</sup> & 17 <sup>th</sup> June	10:00am - 12:30pm

## Tipperary Town

## April 2026

VENUE	WORKSHOP NAME	DATES	TIME
St. Vincent's Day Hospital St. Vincent's Court Tipperary Town E24 DC63 <b>In-house</b>	<p><b><u>Let's Talk Anxiety (4-week workshop – one afternoon per week)</u></b></p> <p>Anxiety is a natural human response, and most of us experience periods of worry, tension, or nervousness at different stages of our lives.</p> <p>This four-week workshop explores what anxiety is, why it happens, and how it affects the mind and body. Learn practical, evidence-based strategies to recognise triggers and manage anxiety more confidently in daily life.</p> <p><i>See workshop description – Page 10</i></p> <p><b><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions if possible</i></b></p>	Thursday 16 <sup>th</sup> , 23 <sup>rd</sup> & 30 <sup>th</sup> April and 7 <sup>th</sup> May	2:00pm – 4:30pm

## May/June 2026

VENUE	WORKSHOP NAME	DATES	TIME
St. Vincent's Day Hospital St. Vincent's Court Tipperary Town E24 DC63 <b>In-house</b>	<p><b><u>Human Rights in Action: The FRED A Workshop (2-week workshop – one afternoon per week)</u></b></p> <p>Understand your rights through the lens of Fairness, Respect, Equality, Dignity, and Autonomy. This two-week workshop breaks down these five core pillars to help you recognize when people are being treated right—and what to do when they aren't. It's about more than just rules; it's about safety, respect, and the power of personal choice.</p> <p><i>See workshop description – Page 10</i></p> <p><b><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions if possible.</i></b></p>	Thursday 14 <sup>th</sup> & 21 <sup>st</sup> May	2:00pm – 4:30pm

<p>St. Vincent's Day Hospital St. Vincent's Court Tipperary Town E24 DC63</p> <p><b>In-house</b></p>	<p><b><u>WRAP (6-week workshop - one afternoon per week)</u></b></p> <p>Discover the WRAP (Wellness Recovery Action Plan) Programme. Join this interactive six-week workshop to create your own personalised plan for managing well-being and supporting recovery during health challenges. Connect with others, gain practical tools, and take positive steps toward a healthier, more balanced life.</p> <p><i>See workshop description – Page 11</i></p> <p><b><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></b></p>	<p>Thursday 28<sup>th</sup> May, 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> &amp; 25<sup>th</sup> June and 2<sup>nd</sup> July</p>	<p>2:00pm – 4:30pm</p>
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## Workshops With Online Access

April 2026			
VENUE	WORKSHOP NAME	DATES	TIME
<p>Recovery College South East Greenshill Kilkenny R95 YYCO</p> <p><b>In-house &amp; Online</b></p>	<p><b><u>Overcoming Loneliness and Isolation - Reconnecting with Yourself and Your Community (3-week workshop – one morning per week)</u></b></p> <p>This three-week workshop explores how loneliness and isolation impacts on all aspects of life and shares ideas on how loneliness and isolation can be positively addressed.</p> <p><i>See workshop description – Page 11</i></p> <p><b><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></b></p>	<p>Monday 13<sup>th</sup>, 20<sup>th</sup> &amp; 27<sup>th</sup> April</p>	<p>10.00am – 12.30pm</p>
<p>Recovery College South East Greenshill Kilkenny R95 YYCO</p> <p><b>In-house and online</b></p>	<p><b><u>Writing Group (Weekly)</u></b></p> <p>Open to everyone—whether you're an experienced writer, a beginner, or just curious about creative writing. Come along, join the group, and give it a try!</p> <p><i>See workshop description – Page 11</i></p>	<p>Every Wednesday Starting 15<sup>th</sup> April</p>	<p>3.00pm – 4.00pm</p>

<p><b>Online Only</b></p>	<p><b><u>Let's Talk Neurodiversity (4-week workshop - one afternoon per week - online)</u></b></p> <p>This four-week online workshop offers a gentle introduction to mental health from a neurodivergent perspective. Together, we'll explore what neurodiversity means, the range of experiences it includes, and some of the common misconceptions and misunderstandings neurodivergent people face. We'll look at how being neurodivergent can influence mental health and wellbeing, and share supportive, recovery-focused ways to understand ourselves and each other better, while helping to build more supportive and inclusive environments.</p> <p>All are welcome, whether you identify as neurodivergent or simply want to learn more about how to support others.</p> <p><i>See workshop description – Page 11</i></p> <p><b><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></b></p>	<p>Thursday 16<sup>th</sup>, 23<sup>rd</sup> &amp; 30<sup>th</sup> April and 7<sup>th</sup> May</p>	<p>2:00pm – 4:30pm</p>
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## May 2026

VENUE	WORKSHOP NAME	DATES	TIME
<p>Recovery College South East Greenshill Kilkenny R95 YYCO <b>In-house and online</b></p>	<p><b><u>Writing Group (Weekly)</u></b></p> <p>Open to everyone—whether you're an experienced writer, a beginner, or just curious about creative writing. Come along, join the group, and give it a try!</p> <p><i>See workshop description – Page 11</i></p>	<p>Every Wednesday</p>	<p>3.00pm – 4.00pm</p>
<p>Recovery College South East Greenshill Kilkenny R95 YYCO <b>In-house and online</b></p>	<p><b><u>Understanding and Living with Hearing Voices (Morning Workshop)</u></b></p> <p>Discover a safe space to learn about the experience of hearing voices, share insights, and explore practical ways to live well while managing this experience.</p> <p><i>See workshop description – Page 11</i></p>	<p>Friday 8<sup>th</sup> May</p>	<p>10.00am – 12.30pm</p>
<p>Recovery College South East Greenhill Kilkenny R95 YYCO <b>In-house and online</b></p>	<p><b><u>Getting a Good Night's Sleep (2-Week Workshop – one morning per week)</u></b></p> <p>Struggling with sleep? This course explores why sleep matters, what gets in the way, and shares practical tips and tools to help you rest better.</p> <p><i>See workshop description – Page 12</i></p> <p><b><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></b></p>	<p>Monday 11<sup>th</sup> &amp; 18<sup>th</sup> May</p>	<p>10.00am – 12.30pm</p>

Recovery College South East Greenshill Kilkenny R95 YYCO <b>In house and online</b>	<b><u>Understanding and Living with Psychosis/Paranoia (Morning Workshop)</u></b>  This workshop offers a safe space to learn about psychosis and paranoia, understand their impact, and explore practical ways to live well while managing these experiences.  <i>See workshop description – Page 10</i>	Friday 22 <sup>nd</sup> May	10.00am – 12.30pm
<b>June 2026</b>			
<b>VENUE</b>	<b>WORKSHOP NAME</b>	<b>DATES</b>	<b>TIME</b>
Recovery College South East Greenshill Kilkenny R95 YYCO <b>In-house and online</b>	<b><u>Writing Group (Weekly)</u></b>  Open to everyone—whether you’re an experienced writer, a beginner, or just curious about creative writing. Come along, join the group, and give it a try!  <i>See workshop description – Page 11</i>	Every Wednesday	3.00pm – 4.00pm
Recovery College South East Greenshill Kilkenny R95 YYCO <b>In-house &amp; Online</b>	<b><u>Compassion and Kindness for Myself (Afternoon Workshop)</u></b>  Practicing self-compassion can transform the way we approach difficult emotions and self-criticism. With a compassionate focus, we can learn to develop a kinder, more supportive inner dialogue and become more accepting of ourselves.  This workshop will explore practical strategies to cultivate and strengthen self-compassion in daily life, helping to counteract challenging thoughts and emotions and foster a more positive relationship with yourself.  <i>See workshop description – Page 12</i>	Thursday 4 <sup>th</sup> June	2.00pm – 4.30pm
Recovery College South East Greenshill Kilkenny R95 YYCO <b>In-house &amp; Online</b>	<b><u>Discover Your Values, Achieve Your Goals (Afternoon Workshop)</u></b>  This workshop supports you to set meaningful, achievable goals that align with your personal values. Through guided activities and reflection, you will explore what matters most to you and learn practical steps for moving towards a more fulfilling life.  <i>See workshop description – Page 12</i>	Thursday 11 <sup>th</sup> June	2.00pm – 4.30pm
Recovery College South East Greenshill Kilkenny R95 YYCO <b>In-house &amp; Online</b>	<b><u>Let’s Talk Medication (Afternoon Workshop)</u></b>  This workshop offers a chance to talk honestly about medications prescribed for depression, anxiety, psychosis and other mental health challenges. We’ll look at what medication can offer, explore common myths, and discuss the potential pros and cons of medication, and alternative options, helping participants make informed decisions about what’s right for their mental health.  <i>See workshop description – Page 12</i>	Thursday 18 <sup>th</sup> June	2.00pm – 4.30pm

<p>Recovery College South East Greenshill Kilkenny R95 YYCO <b>In-house &amp; Online</b></p>	<p><b><u>Discovering Hope (Afternoon Workshop)</u></b></p> <p>Hope is the belief that things can get better. This workshop explores how hope can be nurtured by recognising the parts of our lives we can influence and by learning from how others have found a way forward. Hope is often the starting point of recovery - when we believe change is possible, new paths open up.</p> <p><i>See workshop description – Page 12</i></p>	<p><b>Thursday 25<sup>th</sup> June</b></p>	<p><b>2.00pm – 4.30pm</b></p>
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# Workshop Descriptions

<p><b>Beyond Fear: Tools For Your Recovery Journey – Learning How to Overcome Fear (4-week workshop)</b> <b>In-house</b></p>	<p>How can we turn fear and indecision into confidence and action?</p> <p>In today's fast-paced world, many of us feel quietly overwhelmed by fear. We find ourselves stuck—hesitating to start something new, afraid to finish what we've begun, or anxious about change. Yet, the most exhausting fear of all is often the one that keeps us exactly where we are.</p> <p>This four-week workshop offers time and space to explore what fear is for you. Through guided reflection and supportive discussion, you will gain insight into how fear impacts your choices, emotions, and behaviours. More importantly, you will learn practical tools to help you respond to fear in healthier and more empowering ways.</p> <p>By the end of the workshop, you will have developed a set of strategies that can significantly improve your ability to handle a wide range of situations. The aim is to support you in shifting from a place of pain, pressure, or indecision to a place of greater power, energy, confidence, and excitement about your own recovery journey.</p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>
<p><b>Developing Coping Skills (8-week workshop)</b> <b>In-house</b></p>	<p>This 8-week workshop offers a supportive and engaging space to strengthen your ability to cope with everyday challenges. Across the programme, participants will:</p> <ul style="list-style-type: none"> <li>• Explore what coping skills are and understand the benefits of using them.</li> <li>• Gain insight into how coping skills can help manage stress, emotions, thoughts, and behaviours in healthier ways.</li> <li>• Learn about different types of coping skills and how to recognise whether a skill is helpful or unhelpful.</li> <li>• Develop a personalised “coping skills toolbox” tailored to your own needs and experiences.</li> <li>• Learn and practice relaxation techniques and short guided meditations.</li> <li>• Enjoy a positive, collaborative learning experience.</li> </ul> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>
<p><b>Creating Healthy Habits (2-Week Workshop)</b> <b>In-house</b></p>	<p>Our daily habits shape our well-being, influencing everything from our productivity to our emotional and physical health. While some habits support us, others—like scrolling social media instead of focusing on important tasks—can hold us back.</p> <p>Everyone has habits they'd like to improve, and understanding how they form is the first step to meaningful change. By identifying what triggers certain behaviours, you can begin to shift patterns and build healthier routines that last.</p> <p>This workshop will explore the science behind habit formation and provide practical strategies to help you create and maintain habits that support your overall well-being.</p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>

<p><b>Food For Mood (Morning Workshop)</b> <b>In-house</b></p>	<p>What we eat doesn't just fuel our bodies — it can also influence our mood, energy levels, and overall mental wellbeing. In this workshop, we take a closer look at the relationship between nutrition and mental health, exploring how certain foods and eating patterns can help support emotional balance and sustained vitality.</p> <p>Together, we'll unpack what a healthy, balanced diet really looks like, learn about key nutrients that can boost mood, and discuss simple, practical changes that can make a meaningful difference to everyday wellness. This session is suitable for anyone interested in understanding how small dietary shifts can have a positive impact on how they feel, think, and move through the day.</p>
<p><b>Human Rights in Action: The FREDA Workshop (2-week workshop)</b> <b>In-house</b></p>	<p>Understand your rights through the lens of Fairness, Respect, Equality, Dignity, and Autonomy. This two-week workshop breaks down these five core pillars to help you recognize when people are being treated right—and what to do when they aren't. It's about more than just rules; it's about safety, respect, and the power of personal choice.</p> <p>Through group discussion, creative exercises, and guided exploration, the series encourages deeper understanding of how rights relate to everyday recovery. It's about reclaiming voice, celebrating identity, and building strength from within - together.</p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>
<p><b>Building Resilience (3-week workshop)</b> <b>In-house</b></p>	<p>People do not all respond in the same way to traumatic and stressful life events. Developing resilience is a personal journey. Resilience helps us navigate life's challenges with strength and balance.</p> <p>In this three-week workshop, we'll explore what resilience is, why it matters, and practical ways to nurture it in everyday life.</p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>
<p><b>Let's Talk Anxiety (4-week workshop)</b> <b>In-house</b></p>	<p>Anxiety is a natural human response, and most of us experience periods of worry, tension, or nervousness at different stages of our lives. While these feelings can be uncomfortable, understanding what anxiety is — and why it happens — can make it much easier to manage.</p> <p>This four-week workshop is designed for anyone who wants to learn more about the facts of anxiety and gain practical, evidence-based tools for coping with it. Over the course of the programme, we'll explore what triggers anxiety, how it affects the body and mind, and simple strategies that can help reduce its impact on everyday life.</p> <p>Through gentle discussion and guided exercises, participants will develop skills to recognise anxious patterns and build confidence in managing and living with anxiety in a supportive, understanding environment.</p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>
<p><b>Understanding and Living with Psychosis/Paranoia (Morning Workshop)</b> <b>In house &amp; Online</b></p>	<p>While psychosis/paranoia is surprisingly common, it can be a very unsettling and frightening experience for the person experiencing it, as well as for the people who care about them.</p> <p>This workshop is for anyone who wants to gain a better understanding of psychosis and paranoia and their impact and explore effective ways of living well while managing these experiences – all in a safe, supportive and welcoming environment.</p>

<p><b>Overcoming Loneliness and Isolation - Reconnecting with Yourself and Your Community (3-week workshop)</b> <b>In-house &amp; Online</b></p>	<p>Everybody can be affected by loneliness and isolation at different times in life, and research shows that these experiences can have a significant impact on both mental and physical health. This three-week workshop offers a space to explore these challenges and consider practical ways to reconnect with others and with the community.</p> <p>The aims of this workshop are to:</p> <ul style="list-style-type: none"> <li>• Explore how loneliness and isolation affect different aspects of life.</li> <li>• Share ideas on how these experiences can be understood and positively addressed.</li> <li>• Identify practical ways of building or rebuilding connections with others.</li> <li>• Explore resources and services available locally that can support reconnection.</li> </ul> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>
<p><b>WRAP (6-week workshop)</b> <b>In-house</b></p>	<p>Discover the WRAP (Wellness Recovery Action Plan) Programme. This interactive 6-week workshop empowers you to develop your own personalised Wellness Action Plan that you can use to manage your day-to-day well-being and to support your recovery when experiencing health challenges.</p> <p>Join a supportive environment where you can gain valuable insights, connect with others, and actively manage your wellness journey. Take the first step towards greater well-being today!</p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>
<p><b>Writing Group (Weekly)</b> <b>In-house &amp; Online</b></p>	<p>Finding it hard to fill in your day? Looking for an activity or new interest? Why not join our creative writing group? It's fun, it's entertaining and it is also a great way to meet new friends.</p> <p>This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious about creative writing. This is a great way to express yourself and what may be going on for you in your world.</p> <p>So, come along, join the group and give it a go. Looking forward to meeting you.</p>
<p><b>Let's Talk Neurodiversity (4-week workshop)</b> <b>Online Only</b></p>	<p>This four-week online workshop offers a gentle introduction to mental health from a neurodivergent perspective. Together, we'll explore what neurodiversity means, the range of experiences it includes, and some of the common misconceptions and misunderstandings neurodivergent people face. We'll look at how being neurodivergent can influence mental health and wellbeing, and share supportive, recovery-focused ways to understand ourselves and each other better, while helping to build more supportive and inclusive environments.</p> <p>All are welcome, whether you identify as neurodivergent or simply want to learn more about how to support others.</p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>
<p><b>Understanding and Living with Hearing Voices (Morning Workshop)</b> <b>In-house &amp; Online</b></p>	<p>The experience of hearing voices can differ from person to person.</p> <p>The aim of this workshop is to provide a safe space to learn about and gain a better understanding of the common nature of voice hearing and to explore and share practical ideas for living well while managing this experience.</p>

<p><b>Getting a Good Night's Sleep (2-week workshop)</b> <b>In-house &amp; Online</b></p>	<p>If you are having problems or difficulties sleeping, then this course might be for you.</p> <p><b>The aim of this 2-week workshop is to:</b></p> <ul style="list-style-type: none"> <li>• Explore why we need sleep</li> <li>• Look at things that stop us sleeping</li> <li>• Share practical tips and tools to help us get a better night's sleep.</li> </ul> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>
<p><b>Compassion and Kindness for Myself (Afternoon Workshop)</b> <b>In-house &amp; Online</b></p>	<p>Practicing self-compassion can transform the way we approach difficult emotions and self-criticism. With a compassionate focus, we can learn to develop a kinder, more supportive inner dialogue and become more accepting of ourselves.</p> <p>This workshop will explore practical strategies to cultivate and strengthen self-compassion in daily life, helping to counteract challenging thoughts and emotions and foster a more positive relationship with yourself.</p>
<p><b>Discover Your Values, Achieve Your Goals (Afternoon Workshop)</b> <b>In-house &amp; Online</b></p>	<p>This workshop supports you to set meaningful, achievable goals that align with your personal values. Through guided activities and reflection, you will explore what matters most to you and learn practical steps for moving towards a more fulfilling life.</p>
<p><b>Let's Talk Medication (Afternoon Workshop)</b> <b>In-house &amp; Online</b></p>	<p>This workshop offers a chance to talk honestly about medications prescribed for depression, anxiety, psychosis and other mental health challenges. We'll look at what medication can offer, explore common myths, and discuss the potential pros and cons of medication, and alternative options, helping participants make informed decisions about what's right for their mental health.</p>
<p><b>Discovering Hope (Afternoon Workshop)</b> <b>In-house &amp; Online</b></p>	<p>Hope is the belief that things can get better. This workshop explores how hope can be nurtured by recognising the parts of our lives we can influence and by learning from how others have found a way forward. Hope is often the starting point of recovery - when we believe change is possible, new paths open up.</p>



**Enrolment Form**

Course title	Commencement date	<b><u>In-house or Online (Zoom)</u></b> <b><u>Please tick your preference below</u></b>	
		<b><u>In-house</u></b> <input type="checkbox"/>	<b><u>Online (Zoom)</u></b> <input type="checkbox"/>
		<b><u>In-house</u></b> <input type="checkbox"/>	<b><u>Online (Zoom)</u></b> <input type="checkbox"/>
		<b><u>In-house</u></b> <input type="checkbox"/>	<b><u>Online (Zoom)</u></b> <input type="checkbox"/>
		<b><u>In-house</u></b> <input type="checkbox"/>	<b><u>Online (Zoom)</u></b> <input type="checkbox"/>

**PLEASE COMPLETE USING BLOCK CAPITAL LETTERS**

Surname:		
First name(s):		
Address:		
Telephone:	Mobile:	Home/Work:
Email:		
Contact Details in Case of Emergency:	Name:	Number:
Where did you hear about the Recovery College?		
Please tick the box that best describes you:	Service User/Lived Experience _____	<input type="checkbox"/>
	Family Member/Carer _____	<input type="checkbox"/>
	Service Provider (Area of Work) _____	<input type="checkbox"/>
	Other (Please specify)/Prefer Not to Say _____	<input type="checkbox"/>
<p><b>All our workshops are based around discussion and group work. Pen and paper would be helpful to have to hand for participants.</b></p>		

***All our Workshops are free of charge.***

Are you happy for us to contact you periodically by email, post or text about different events, workshops, surveys in relation to the Recovery College South East? (Please tick this box if yes.)

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_

*"Recovery is moving on, achieving and learning, being the best and the best that I can be with confidence"*  
Mental Health Discussion Group, Clonmel 2013