



Recovery College South East
Wexford

Recovery Education Programme February - June 2025

You are invited to join us in our new Recovery Education Programme for Spring 2025.

*All our courses and workshops are co-produced and co-delivered with 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.

(For more detailed information on the workshops, please go to the Workshop Section of our Website – 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 enrolrecoverycollegesoutheast@gmail.com or Phone us on 086 1746330 to enrol

January 2025	WORKSHOP NAME	DATES	TIME
<p>“Link” Enniscorthy Y21 R2R1</p>	<p><u>WRAP - Wellness Recovery Action Plan: Level 1 (8-week Workshop)</u></p> <p>WRAP (Wellness Recovery Action Plan) is a programme that helps you develop your own personally tailored Wellness Action Plan that you can use on a day-to-day basis to manage your wellness and that you can use if you become unwell to restore it.</p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>	<p>Every Wednesday 5th, 12th, 19th, 26th February, 5th, 12th, 19th, 26th March</p>	<p>10 – 11.30am</p>
VENUE	WORKSHOP NAME	DATES	TIME

<p>“Link” Enniscorthy Y21 R2R1</p>	<p><u>Personal Development (8-week programme)</u> The aim of this session is to explore the components of personal development and how it can benefit us in achieving our goals in life.</p> <ol style="list-style-type: none"> 1. Self-Awareness The aim of this session is to develop the participants’ understanding of self-awareness and its benefits for everyday living. 2. Developing Positive Thinking The aim of this session is to help participants identify patterns of negative thinking and to acquire skills to help develop positive thinking. 3. Building Self Confidence Knowing ourselves and having confidence in ourselves is not only important but is helpful in living well. Focussing on inner confidence rather than behaviour, this course will share strategies that enable you to identify your strengths and qualities in order to live well and maintain your wellbeing. 4. Assertiveness The aim of this session is to enhance participants’ understanding of what assertiveness is and to practice assertiveness skills. 5. Effective communication The aim of this session is to explore the concept of communication and the role it plays in your life and to develop effective communication skills through exploring a range of tips and tools. 6. Choices for Change The aim of this session is to help you confidently manage and embrace change in your life. We will focus on taking responsibility for our actions, provide practical tips for planning changes and discuss the importance of staying positive and hopeful while transitioning change. 7. Motivation & Goals The aim of this session is to help participants understand motivation and identify effective strategies to increase and maintain a high level of motivation. 8. Self-care and Wellbeing The aim of this session is to enable participants to understand what wellbeing is and to provide participants with practical self- care tips and tools to be able to manage and reduce stress in their day to day working and personal life. <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>	<p>Every Wednesday</p> <p>30th April 7th May 14th May 21st May 28th May 4th June 11th June 18th June</p>	<p>10 – 11.30am</p>
<p>Wexford Town Venue: Wexford Mental Health Association, Henrietta Street, Wexford</p>	<p><u>Personal Development (8-week programme)</u> The aim of this session is to explore the components of personal development and how it can benefit us in achieving our goals in life.</p> <ol style="list-style-type: none"> 1. Self-Awareness The aim of this session is to develop the participants’ understanding of self-awareness and its benefits for everyday living. 2. Developing Positive Thinking 	<p>Every Thursday</p> <p>1st May 8th May 15th May 22nd May 29th May 5th June 12th June</p>	<p>2pm – 3.30pm</p>

	<p>The aim of this session is to help participants identify patterns of negative thinking and to acquire skills to help develop positive thinking.</p> <p>3. Building Self Belief This workshop will explore self-belief and how it can influence your life. It will also look at different ways of how to enhance your level of self-belief.</p> <p>4. Building Self Confidence Knowing ourselves and having confidence in ourselves is not only important but is helpful in living well. Focussing on inner confidence rather than behaviour, this course will share strategies that enable you to identify your strengths and qualities in order to live well and maintain your wellbeing.</p> <p>5. Assertiveness The aim of this session is to enhance participants' understanding of what assertiveness is and to practice assertiveness skills.</p> <p>6. Effective communication The aim of this session is to explore the concept of communication and the role it plays in your life and to develop effective communication skills through exploring a range of tips and tools.</p> <p>7. Motivation & Goals The aim of this session is to help participants understand motivation and identify effective strategies to increase and maintain a high level of motivation.</p> <p>8. Self-care and Wellbeing The aim of this session is to enable participants to understand what wellbeing is and to provide participants with practical self-care tips and tools to be able to manage and reduce stress in their day to day working and personal 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>19th June</p>	
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Enrolment Form

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

All our Workshops are free of charge.

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"/>
All our workshops are based around discussion and group work. Pen and paper would be helpful to have to hand for participants.		

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