

TURN OVER A NEW LEAF IN 2018

**NORTH TYNESIDE
RECOVERY COLLEGE
SPRING 2018
PROSPECTUS**

**COURSES: FEBRUARY AND MARCH 2018
ON THE OTHER SIDE OF THIS LEAFLET**

Enrol or find out more: Telephone: 07976 627475 (if you prefer you can send a text, or leave a message and someone will contact you)
Email: ntrecoverycollege@gmail.com

COURSES: FEBRUARY AND MARCH 2018

Title	Overview	Dates and times
Creative WRAP	Do you want to take charge of your own emotional wellbeing? Are you creative or interested in creative activities? If so this 8-week course is for you. Use creative activity to design your own wellness recovery action plan.	13:00 to 15:30 every Friday from 02/03/18 to 27/04/18
Volunteer Training Programme	<p>This programme is designed for people who are thinking about volunteering but want to learn more about it.</p> <p>You will be part of a small team, exploring the subject together over four sessions.</p>	10:00 to 15:00 on Wednesday 07/03/18 Wednesday 21/03/18 Wednesday 28/03/18 Wednesday 04/04/18
Managing Your Emotions	<p>Four week workshop to cover some of the techniques that are used in developing strategies to cope with mental health difficulties.</p> <p>This will provide an overview of the skills used in: • Mindfulness • Distress tolerance • Emotional regulation • Interpersonal effectiveness.</p>	10:00 to 12:00 on Friday 02/03/18 Friday 09/03/18 Friday 16/03/18 Friday 23/03/18
Recovery Workshops	<p>Recovery: Each individual's recovery journey is unique. Explore ways to continue that journey and overcome obstacles.</p> <p>Sleep Hygiene: Explore how to manage and maintain good and healthy sleeping practices.</p> <p>Stigma: Both self-perceived and social stigma and discrimination can have a huge impact; discover ways to minimize them.</p> <p>Coping Mechanisms: We all have our own ways of coping; a chance to share and acquire some new skills.</p>	13:00 to 15:00 every Monday from 05/03/18 to 26/03/18
Mindfulness Sessions	Informal, practical sessions where participants focus on the here and now using mindfulness. No prior knowledge required; suitable for beginners or those wanting to maintain their skills.	12:30 to 14:00 every Thursday from 15/02/18 to 22/03/18

All courses held at VODA, Queen Alexandra Campus
Hawkeys Lane, North Shields NE29 9BZ