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| **Wexford Calendar of Events Spring 2019**  *All our workshops are focused on well-being and recovery and 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 free and open to all. Recovery College South East uses an educational approach to develop strengths, talents and personal resources. Please contact us with any queries and return the enrolment form below if you wish to attend any of the workshops.* | | | |
| **VENUE** | **WORKSHOP NAME** | **DATES** | **TIME** |
| **January 2019** | | | |
| **LINK**  **Enniscorthy** | **WRAP Café “Goal Setting”**  A monthly group where you can reflect on using WRAP in everyday life to support recovery and wellbeing. A different topic is covered every month. Anybody who has completed WRAP Level 1 or is interested in finding out more about WRAP is welcome to attend. | **Friday 11th January** | **11.30am –1.00pm** |
| **Kilcannon**  **Enniscorthy** | **WRAP Level 1 (2 full days)**  WRAP is for everybody. WRAP helps you to get to know yourself. WRAP is your personal plan which you have put in place in the good times to remind you and guide you through the bad times. WRAP helps to achieve and maintain and wellness and gain more control over our lives and the way we feel. It is developed to help us identify what works and what doesn’t work and how we can get better at staying well. | **Tuesday 15th January and Wednesday 16th January** | **9.30am – 4.30pm** |
| **February 2019** | | | |
| **WMHA**  **Wexford** | **Recovery for All**  What is Recovery? How do we get there? A short morning workshop to discuss: different views on recovery, the factors supporting individual recovery, barriers and ways to overcome them, as well as tools and techniques to aid the recovery journey. | **Monday 4th February** | **9.30am – 1.00pm** |
| **LINK**  **Enniscorthy** | **WRAP Café**  A monthly group where you can reflect on using WRAP in everyday life to support recovery and wellbeing. A different topic is covered every month. Anybody who has completed WRAP Level 1 or is interested in finding out more about WRAP is welcome to attend. | **Friday 8th February** | **11.30am –1.00pm** |
| **Library**  **Enniscorthy** | **Recovery College Introduction**  This workshop provides an overview of the Recovery College South East and its aims, objectives and opportunities. It also offers an opportunity to learn more about recovery opportunities and services available in Wexford. | **Thursday 14th February** | **7pm** |
| **Library**  **Gorey** | **Introduction to Mindfulness**  Mindfulness is a helpful tool in maintaining wellness. This workshop provides participants with an introduction to mindfulness and an overview of different tools and strategies to help apply mindfulness practice to daily life | **Thursday 28th February** | **10.30am –1.30pm** |
| **March 2019** | | | |
| **Healthy Living Centre**  **New Ross** | **Let’s Talk Recovery**  What is Recovery? How do we get there? A short morning workshop to discuss: different views on recovery, the factors supporting individual recovery, barriers and ways to overcome them, as well as tools and techniques to aid the recovery journey | **Tuesday 5th March** | **9.30am – 1pm** |
| **Library**  **Enniscorthy** | **Developing Confidence and Self-Esteem**  Confidence and self-esteem are important and helpful in living well. This workshop will focus on understanding the importance of self-confidence and self-esteem for wellbeing and strategies for developing and building self-confidence and self-esteem | **Wednesday 6th March** | **11am – 1.30pm** |
| **WMHA**  **Wexford** | **Recovery Principles and Practice**  Recovery Principles and Practice aims to bring an increased awareness of the benefits of a recovery approach in practice and services. The training is built on incorporating the unique expertise that core stakeholders, service users, family members and service providers bring to the recovery process. | **Thursday 7th March** | **9.30am – 1.30pm** |
| **LINK**  **Enniscorthy** | **WRAP Café**  A monthly group where you can reflect on using WRAP in everyday life to support recovery and wellbeing. A different topic is covered every month. Anybody who has completed WRAP Level 1 or is interested in finding out more about WRAP is welcome to attend. | **Friday 8th March** | **11.30am –1.00pm** |
| **WMHA**  **Henrietta St**  **Wexford** | **WRAP (4 morning workshop)**  WRAP is for everybody. WRAP helps you to get to know yourself. WRAP is your personal plan which you have put in place in the good times to remind you and guide you through the bad times. WRAP helps to achieve and maintain and wellness and gain more control over our lives and the way we feel. It is developed to help us identify what works and what doesn’t work and how we can get better at staying well. | **Thursday 14th, Friday 15th,**  **Thursday 21st, Friday 22nd March** | **9.30am – 1.00pm** |
|  | **April 2019** |  |  |
| **WMHA**  **Henrietta St**  **Wexford** | **Introduction to Mindfulness**  Mindfulness is a helpful tool in maintaining wellness. This workshop provides participants with an introduction to mindfulness and an overview of different tools and strategies to help apply mindfulness practice to daily life. | **Thursday 4th April** | **9.30am – 1.00pm** |
| **Adult Education Centre,**  **Gorey** | **Developing Confidence and Self-Esteem**  Confidence and self-esteem are important and helpful in living well. This workshop will focus on understanding the importance of self-confidence and self-esteem for wellbeing and strategies for developing and building self-confidence and self-esteem | **Friday 5th April** | **9.30am – 1pm** |
| **Church Institute**  **Enniscorthy** | **WRAP (2 fully days)**  WRAP is for everybody. WRAP helps you to get to know yourself. WRAP is your personal plan which you have put in place in the good times to remind you and guide you through the bad times. WRAP helps to achieve and maintain and wellness and gain more control over our lives and the way we feel. It is developed to help us identify what works and what doesn’t work and how we can get better at staying well. | **Thursday 11th and Friday 12th April** | **9.30am – 4.30 pm** |
| **LINK**  **Enniscorthy** | **WRAP Café**  A monthly group where you can reflect on using WRAP in everyday life to support recovery and wellbeing. A different topic is covered every month. Anybody who has completed WRAP Level 1 or is interested in finding out more about WRAP is welcome to attend. | **Friday 12th April** | **11.30am –1.00pm** |
|  | **May 2019** |  |  |
| **Healthy Living Centre**  **New Ross** | **Diagnosis and Beyond**  This workshop will provide a broad understanding of diagnosis in mental health and addiction. It also explores the barriers as well as the supports in relation to diagnosis and recovery. | **Tuesday 7th May** | **9.30am – 1.00pm** |
| **LINK**  **Enniscorthy** | **WRAP Café**  A monthly group where you can reflect on using WRAP in everyday life to support recovery and wellbeing. A different topic is covered every month. Anybody who has completed WRAP Level 1 or is interested in finding out more about WRAP is welcome to attend. | **Friday 10th May** | **11.30am –1.00pm** |

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**Please return completed enrolment forms to:**

**Recovery College South East, Greenshill, Kilkenny.**



**Recovery College South East Enrolment Form**

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| **Course title** | **Commencement date** |
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| **PLEASE COMPLETE USING BLOCK CAPITAL LETTERS** | | |
| **Surname:** |  | |
| **First name(s)** |  | |
| **Address:** |  | |
| **Telephone:** | **Mobile** | **Home/Work** |
| **Contact Details in Case of Emergency:** | **Name** | **Number** |
| **Email:** |  | |
| **All our workshops are based around discussion with some written exercises at your own discretion.** | | |

***All our Workshops are free. Our workshops are also open to everyone.***

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| **Are you happy for us to keep you informed by email, post or text about the Recovery College South East or future courses? ( 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*

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