



Upcoming Workshops – April 2018

Recovery College South East

Venue	Workshop	Date	Time
Recovery College South East, Greenshill, Kilkenny	Understanding the Mental Health Service	Tuesday 24 th April	10am – 1pm
	Recovery Principles and Practice	Wednesday 25 th April	9.30am – 1.30pm

May 2018

Venue	Workshop	Date	Time
Recovery College South East, Greenshill, Kilkenny	The emotion of Anger	Tuesday 1 st May and Tuesday 8 th May	10am – 1pm
	What is Recovery? Introductory Workshop	Tuesday 15 th May	10am – 1pm

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