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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 complete the enrolment form below if you wish to attend any of the workshops.

VENUE	WORKSHOP NAME	DATES	TIME
<b>January 2019</b>			
LINK Enniscorthy	<b><u>WRAP Café “Goal Setting”</u></b> 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 11 <sup>th</sup> January	11.30am – 1.00pm
Kilcannon Enniscorthy	<b><u>WRAP Level 1 (2 full days)</u></b> 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 15 <sup>th</sup> January and Wednesday 16 <sup>th</sup> January	9.30am – 4.30pm
<b>February 2019</b>			
WMHA Wexford	<b><u>Recovery for All</u></b> 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 4 <sup>th</sup> February	9.30am – 1.00pm
LINK Enniscorthy	<b><u>WRAP Café</u></b> 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 8 <sup>th</sup> February	11.30am – 1.00pm

<b>Library Enniscorthy</b>	<b><u>Recovery College Introduction</u></b> 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.	<b>Thursday 14<sup>th</sup> February</b>	<b>7pm</b>
<b>Library Gorey</b>	<b><u>Introduction to Mindfulness</u></b> 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	<b>Thursday 28<sup>th</sup> February</b>	<b>10.30am – 1.30pm</b>
<b>March 2019</b>			
<b>Healthy Living Centre New Ross</b>	<b><u>Let's Talk Recovery</u></b> 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	<b>Tuesday 5<sup>th</sup> March</b>	<b>9.30am – 1pm</b>
<b>Library Enniscorthy</b>	<b><u>Developing Confidence and Self-Esteem</u></b> 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	<b>Wednesday 6<sup>th</sup> March</b>	<b>11am – 1.30pm</b>
<b>WMHA Wexford</b>	<b><u>Recovery Principles and Practice</u></b> 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.	<b>Thursday 7<sup>th</sup> March</b>	<b>9.30am – 1.30pm</b>
<b>LINK Enniscorthy</b>	<b><u>WRAP Café</u></b> 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.	<b>Friday 8<sup>th</sup> March</b>	<b>11.30am – 1.00pm</b>
<b>WMHA Henrietta St Wexford</b>	<b><u>WRAP (4 morning workshop)</u></b> 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.	<b>Thursday 14<sup>th</sup>, Friday 15<sup>th</sup>, Thursday 21<sup>st</sup>, Friday 22<sup>nd</sup> March</b>	<b>9.30am – 1.00pm</b>
<b>April 2019</b>			
<b>WMHA Henrietta St Wexford</b>	<b><u>Introduction to Mindfulness</u></b> 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.	<b>Thursday 4<sup>th</sup> April</b>	<b>9.30am – 1.00pm</b>

<b>Adult Education Centre, Gorey</b>	<b><u>Developing Confidence and Self-Esteem</u></b> 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	<b>Friday 5<sup>th</sup> April</b>	<b>9.30am – 1pm</b>
<b>Church Institute Enniscorthy</b>	<b><u>WRAP (2 fully days)</u></b> 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.	<b>Thursday 11<sup>th</sup> and Friday 12<sup>th</sup> April</b>	<b>9.30am – 4.30 pm</b>
<b>LINK Enniscorthy</b>	<b><u>WRAP Café</u></b> 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.	<b>Friday 12<sup>th</sup> April</b>	<b>11.30am – 1.00pm</b>
<b>May 2019</b>			
<b>Healthy Living Centre New Ross</b>	<b><u>Diagnosis and Beyond</u></b> 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.	<b>Tuesday 7<sup>th</sup> May</b>	<b>9.30am – 1.00pm</b>
<b>LINK Enniscorthy</b>	<b><u>WRAP Café</u></b> 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.	<b>Friday 10<sup>th</sup> May</b>	<b>11.30am – 1.00pm</b>



**Recovery College South East Enrolment Form**

Course title	Commencement date

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

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

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*