Hope • Control • Opportunity

Recovery College
MERTON COURSES
APR - JUL 2022

(F) = Foundation | (Intro) = Introductory | (Inter) = Intermediate | (Adv) = Advance | (FFC) = Family, Friends & Carers

COURSE NAME	DAY & DATE	TIME & SESSIONS	VENUE	WHO'S IT FOR
Developing Self Awareness *(Inter)*	**Wed 27 Apr**	1.30pm - 4pm 1 Session	Vestry Hall Mitcham	**ALL**
Understanding Depression *(Intro)*	**Wed 27 Apr**	10am - 12.30pm 1 Session	Vestry Hall Mitcham	
Five Ways to Wellbeing *(F)*	**Wed 4-18 May**	1.30pm - 4pm 3 Sessions	Vestry Hall Mitcham	
Managing Sleep Problems *(Inter)*	**Wed 4-11 May**	10am - 12.30pm 2 Sessions	Vestry Hall Mitcham	
Introduction to Recovery *(F)*	**Mon 9 May**	1.30pm - 4pm 1 Session	Online MS Teams	
Introduction to Relaxation & Meditation *(Intro)*	**Wed 11 May - 15 Jun**	10am - 12.30pm 6 Sessions	Online MS Teams	
Living Beyond Depression & Low Mood *(Inter)*	**Wed 18 May - 15 Jun**	10am - 12.30pm 5 Sessions	Vestry Hall Mitcham	
Taking Back Control 1 - Building Resilience *(F)*	**Wed 25 May - 8 Jun**	1.30pm - 4pm 6 Sessions	Vestry Hall Mitcham	
Understanding Stress & Anxiety *(Intro)*	**Mon 6-13 Jun**	1.30pm - 4pm 2 Sessions	Online MS Teams	
Reclaiming Your Life - a future without abuse *(Adv)*	**Mon 13 Jun - 18 July**	1.30pm - 4pm 6 Sessions	Online MS Teams	**Female Service Users Only**
Understanding Personality Disorder *(Intro)*	**Wed 15 Jun**	1.30pm - 4pm 1 Session	Vestry Hall Mitcham	**ALL**
Building Meaningful Connections *(Inter)*	**Wed 22-29 Jun**	1.30pm - 4pm 2 Sessions	Online MS Teams	

1

Recovery College
Hope • Control • Opportunity

COURSE NAME	DAY & DATE	TIME & SESSIONS	VENUE	WHO'S IT FOR
Journaling for Self Development *(Inter)*	**Wed** **22 Jun - 27 July**	1.30pm - 4pm 6 Sessions	Vestry Hall Mitcham	**ALL**
Understanding Hoarding *(Intro)*	**Wed** **22 Jun**	10am - 12.30pm 1 Session	Vestry Hall Mitcham	
Five Ways to Wellbeing *(F)*	**Tue** **28 Jun - 12 July**	10am - 12.30pm 3 Sessions	Online MS Teams	
Taking Back Control 2 - Building Awareness *(Inter)*	**Wed** **29 Jun - 13 July**	10am - 12.30pm 3 Sessions	Vestry Hall Mitcham	
Understanding Hoarding *(Intro)*	**Mon** **4 July**	1.30pm - 4pm 1 Session	Online MS Teams	
Understanding Bipolar Disorder *(Intro)*	**Wed** **13 July**	10am - 12.30pm 1 Session	Online MS Teams	
Managing Sleep Problems *(Inter)*	**Tue** **19-26 July**	10am - 12.30pm 2 Sessions	Online MS Teams	
Rebuilding Your Confidence *(Inter)*	**Wed** **20-27 July**	10am - 12.30pm 2 Sessions	Vestry Hall Mitcham	
Your Role in Recovery *(FFC)*	**Thur** **5 May**	10.30am - 12.30pm 1 Session	Online MS Teams	**Family, Friends & Carers**
	Wed **8 Jun**	12.30pm - 2.30pm 1 Session	Online MS Teams	
What is Recovery *(FFC)*	**Thur** **12 May**	10.30am - 12.30pm 1 Session	Online MS Teams	
	Wed **15 Jun**	12.30pm - 2.30pm 1 Session	Online MS Teams	
Responding to Extremes *(FFC)*	**Thur** **19 May**	10.30am - 12.30pm 1 Session	Online MS Teams	
	Wed **22 Jun**	12.30pm - 2.30pm 1 Session	Online MS Teams	
Planning for Wellbeing *(FFC)*	**Thur** **26 May**	10.30am - 12.30pm 1 Session	Online MS Teams	
	Wed **29 Jun**	12.30pm - 2.30pm 1 Session	Online MS Teams	
Navigating Support Services *(FFC)*	**Thur** **9 Jun**	10.30am - 12.30pm 1 Session	Online MS Teams	
	Wed **13 July**	12.30pm - 2.30pm 1 Session	Online MS Teams	

Please note that our timetables may be subject to change at short notice due to COVID-19 government guidance, but we'll do everything we can to keep you informed as we go.

Our values   Respectful   Open   Collaborative   Compassionate   Consistent   www.swlstg.nhs.uk

Recovery College
Hope • Control • Opportunity