

A project supported by the European Union's INTERREG VA Programme, Managed by the Special EU Programmes Body

## Upcoming Courses 2019-2020

**Please note: The course venues and dates can be subject to change but we only do this when necessary and will notify students if any changes occur by text, email or telephone. If you are unable to attend your course, please notify the Recovery College as soon as possible as our courses have limited spaces. To cancel your space, email us at [RecoveryCollege@belfasttrust.hscni.net](mailto:RecoveryCollege@belfasttrust.hscni.net) or give us a call 02895 043059**

Course	Date	Time	Venue
Building Self Esteem	24 <sup>th</sup> & 25 <sup>th</sup> February 2020	2pm – 5pm	East Belfast Network Centre, 55 Templemore Ave Belfast BT5 4FP
Understanding Medications	2nd March 2020	1pm – 4pm	East Belfast Network Centre, 55 Templemore Ave Belfast BT5 4FP
WRAP	2 <sup>nd</sup> & 3 <sup>rd</sup> March 2020	10am – 4.30pm	Unison, Galway House, 165 York St, Belfast BT15 1GD
<del>Living with Bi Polar</del>	<del>9th March 2020</del>	<b>Course Full</b>	<del>East Belfast Network Centre, 55 Templemore Ave Belfast BT5 4FP</del>
Psychological Therapies	10 <sup>th</sup> March	10am – 1:30pm	Bradbury Wellbeing Centre, 1 Lisburn Road, Belfast, BT9 7AA
Group Skills	11 <sup>th</sup> March 2020	1pm – 3:30pm	Ballynafeigh Community Development Association 283 Ormeau Rd Belfast BT7 3GG
Living with Psychosis	11th March 2020	1:30pm – 4:30pm	Farset Centre, 466 Springfield Road, Belfast BT12 7DW
<del>WRAP</del>	<del>12<sup>th</sup> &amp; 13<sup>th</sup> March 2020</del>	<b>Course Full</b>	<del>Belfast Recovery College, 10 North Derby Street Belfast BT15 3HL</del>
WRAP	16 <sup>th</sup> & 23 <sup>rd</sup> March 2020	9am – 4:30pm	The hotel is Holiday Inn Express 106a University Street , Belfast BT7 1HP
ESA & Universal Credit	18th March 2020	10am – 12:30pm	Belfast Recovery College, 10 North Derby Street Belfast BT15 3HL
P.I.P	18th March 2020	1:30pm – 4pm	Belfast Recovery College, 10 North Derby Street Belfast BT15 3HL
WRAP	19 <sup>th</sup> & 20 <sup>th</sup> March 2020	10AM – 4:30PM	Conway Education Centre, 5-7 Conway St, Belfast BT13 2DE
Understanding Advocacy	19 <sup>th</sup> & 26 <sup>th</sup> March & 2 <sup>nd</sup> of April 2020	10am-4.30pm	Belfast Recovery College, 10 North Derby Street Belfast BT15 3HL
Discovery to Recovery	30 <sup>th</sup> March 2020	10am-1pm	Upper Springfield Dev. Trust 689 Springfield Road Belfast BT12 7FP
Living with Anxiety	30 <sup>th</sup> March 2020	1:30pm – 4:30pm	East Belfast Network Centre, 55 Templemore Ave Belfast BT5 4FP
Living with Loss	31 <sup>st</sup> March 2020	1:30 – 4:30pm	Belfast Recovery College, 10 North Derby St Belfast BT15 3HL

**Please Note – Lunch is not provided for any of our 2+ day courses. Café facilities will be available within or near the venue. Tea & Coffee will be provided on some of our courses where café facilities are not available within the venue.**



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Course	Date	Time	Venue
WRAP	7 <sup>th</sup> & 8 <sup>th</sup> April	10am – 4:30pm	Farset Centre, 466 Springfield Road Belfast BT12 7DW
Understanding Eating Disorders	20 <sup>th</sup> April 2020	1:30 -4:30pm	Belfast Recovery College, 10 North Derby Street Belfast BT15 3HL
<del>WRAP</del>	<del>23<sup>rd</sup> &amp; 24<sup>th</sup> April 2020</del>	<b>Course full</b>	<del>Belfast Recovery College, 10 North Derby Street Belfast BT15 3HL</del>
Understanding Medications	27 <sup>th</sup> April 2020	1:30pm – 4:30pm	Ballynafeigh Community Development Association 283 Ormeau Rd Belfast BT7 3GG
Looking after your Physical Health	11 <sup>th</sup> May 2002	12pm – 4pm	Spectrum Centre, 331 Shankill Road, Belfast BT13 6AA
Living with Psychosis	13 <sup>th</sup> May 2020	1:30pm – 4:30pm	Belfast Recovery College, 10 North Derby Street Belfast BT15 3HL
WRAP	14 <sup>th</sup> & 15 <sup>th</sup> May 2020	10am – 4:30pm	Spectrum Centre, 331 Shankill Road, Belfast BT13 6AA
Living with Schizophrenia	18 <sup>th</sup> May 2020	1:30 -4:30pm	Belfast Recovery College, 10 North Derby Street Belfast BT15 3HL
Living with Depression	20 <sup>th</sup> May 2020	1:30 -4:30pm	Belfast Recovery College, 10 North Derby Street Belfast BT15 3HL
Psychological Therapies	26 <sup>th</sup> May 2020	10am – 1:30pm	Belfast Recovery College, 10 North Derby Street Belfast BT15 3HL
<del>Building Self Esteem</del>	<del>28<sup>th</sup> &amp; 29<sup>th</sup> May 2020</del>	<b>Course full</b>	<del>Spectrum Centre, 331 Shankill Road, Belfast BT13 6AA</del>
Living with Bi Polar	1 <sup>st</sup> June 2020	1:30pm – 4:30pm	Ballynafeigh Community Development Association 283 Ormeau Rd Belfast BT7 3GG
Discovery to Recovery	8 <sup>th</sup> June 2020	10am – 1pm	Belfast Recovery College, 10 North Derby Street Belfast BT15 3HL
Living with Loss	9 <sup>th</sup> June 2020	1:3pm – 4:30pm	East Belfast Network Centre, 55 Templemore Ave Belfast BT5 4FP
ESA & Universal Credit	17 <sup>th</sup> June 2020	10am – 12:30pm	Belfast Recovery College, 10 North Derby Street Belfast BT15 3HL
P.I.P	17 <sup>th</sup> June 2020	1:30pm – 4pm	Belfast Recovery College, 10 North Derby Street Belfast BT15 3HL
Living with Autism	19 <sup>th</sup> June 2020	1:30pm – 4:30pm	Spectrum Centre, 331 Shankill Road, Belfast BT13 6AA

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