Recovery College Timetable Page 1 November & December 2026

Workshop	Sessions	Date	Time*	Venue**
An Introduction to Hoarding	1	Mon 2 November 2026	10.30am -12.30pm	The Dunanney Centre, Newtownabbey
Starting My Recovery Journey	1	Mon 2 November 2026 Mon 9 November 2026	10.30am -12.30pm 10.30am – 12.30pm	The Burnavon, Cookstown CRUN, Coleraine
WRAP	2	Tues 3 & Wed 4 November 2026 Mon 7 & Tues 8 December 2026	9.30am – 4.30pm 9.30am – 4.30pm	Magherafelt Women's Centre The Dunanney Centre, Newtownabbey
Introduction to Anxiety	2	Tues 3 & 10 November 2026	10.30am -12.30pm	Holiday Inn, Antrim
Mindful Self-Compassion	1	Tues 3 November 2026	10.30am – 12.00pm	ONLINE
Assertiveness	1	Thurs 5 November 2026 Tues 24 November 2026	2.30 – 4.00pm 10.30am – 12.30pm	ONLINE Involve House, Magherafelt
Recovery College Walking Group	3	Fri 6, 13 & 20 November 2026	10.30am – 12.00pm	Loughshore Park, Jordanstown
Activities for Wellness	4	Mon 9,16, 23 & 30 November 2026	2.00 - 4.00pm	The Braid Arts Centre, Ballymena
C.H.I.M.E	2	Tues 10 & 17 November 2026	10.30am – 12.30pm	Ballymoney Resource Centre
Living Life with Purpose	1	Wed 11 November 2026 Tues 24 November 2026	2.00 - 4.00pm 10.30am – 12.30pm	Involve House, Magherafelt Carrick Marina, Carrickgergus
Well Read	7	Thurs 5,12,19,26 November & 3,10 & 17 December 2026	10.30am – 12.00pm	ONLINE
Parenting through Recovery	2	Thurs 12 & 19 November 2026	10.30am – 12.30pm	Holiday Inn, Antrim
Building Resilience	1	Thurs 12 November 2026 Wed 25 November 2026 Thurs 10 December 2026	11.00am – 1.00pm 10.30am – 12.30pm 10.30am – 12.30pm	Larne Leisure Centre ONLINE Involve House, Magherafelt
Drumming for Wellness Taster Session	1	Mon 16 November 2026 Wed 9 December 2026	10.30am -12.30pm 10.30am -12.30pm	Coleraine Leisure Centre Ballymena North Business Centre
Self-Care	1	Tues 17 November 2026	2.30 – 4.00pm	ONLINE
Let's Talk about Sleep	1	Wed 18 November 2026 Wed 2 December 2026 Fri 4 December 2026	10.30am – 12.30pm 10.30am – 12.30pm 10.30am – 12.00pm	Merville House, Newtownabbey Cookstown Library ONLINE
Gratitude	1	Thurs 19 November 2026 Fri 27 November 2026	10.30am – 12.30pm 10.30am – 12.00pm	The Burnavon, Cookstown ONLINE
What is WRAP?	1	Mon 23 November 2026	11.00am – 12.00pm	ONLINE

Courses will last approximately 1.5 to 2 hours unless otherwise stated

****Venues & dates are subject to change***

***** Courses are delivered online or at community venues***

Continued on next page

NORTHERN REGION RECOVERY COLLEGE

Recovery College Timetable Page 2 November & December 2026

Workshop	Sessions	Date	Time*	Venue**
Being Mindful Everyday	2	Thurs 26 November & 3 December 2026	10.30am – 12.30pm	CRUN, Coleraine
Managing Persistent Pain	1	Mon 30 November 2026	10.30am – 12.00pm	ONLINE
Building Positive Body Image	2	Tues 1 & 8 December 2026	10.30am-12.00pm	ONLINE
Managing Stress	1	Tues 1 December 2026 Mon 7 December 2026	10.30am -12.30pm 10.30am – 12.30pm	Carrick Marina, Carrickfergus CRUN, Coleraine
Autism Spectrum Disorder Signposting	1	Wed 2 December 2026	10.30am – 12.00pm	ONLINE
Mental Health First Aid	2	Thurs 10 & Fri 11 December 2026	9.30am – 4.30pm	Holiday Inn, Antrim
Introduction to Personality Disorder	1	Fri 11 December 2026	10.30am – 12.00pm	ONLINE
Christmas Coffee & Connect	1	Mon 14 December 2026 Mon 14 December 2026 Tues 15 December 2026 Fri 18 December 2026	11.00am – 12.00pm 11.00am – 12.00pm 11.00am – 12.00pm 11.00am – 12.00pm	Tim Hortons, Coleraine Tim Hortons, Antrim Creed, Carrickfergus Ground, Magherafelt
Self-Care at Christmas	1	Tues 15 December 2026 Wed 16 December 2026 Thurs 17 December 2026 Thurs 17 December 2026 Mon 21 December 2026	10.30am – 12.30pm 10.30am – 12.30pm 10.00am – 12.00pm 2.30 – 4.00pm 10.30am – 12.30pm	Holiday Inn Antrim Ballymoney Town Hall The Dunanney Centre, Newtownabbey ONLINE Cookstown Library

Courses will last approximately 1.5 hours unless otherwise stated

****Venues & dates are subject to change***

****Course are listed whether they are online or in community venues***

NORTHERN REGION RECOVERY COLLEGE