



A Shared Journey

Blended Learning

Armed Forces Community

Spring-Summer Term 2021 April - July Timetable

Solent Recovery College at the University of Portsmouth

Website : <https://www.solentmind.org.uk/our-services/portsmouth-support-and-recovery-service/solent-recovery-college/>

Phone or Text: 07971 348 555 (Mon – Fri)

Email: SRC@solentmind.org.uk

To register or book a face-to-face or online Class: Call, Text or Email us

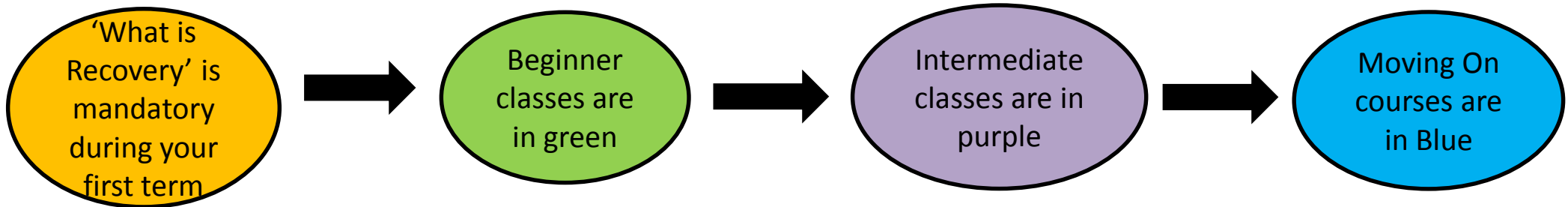
You must be enrolled with the college before taking any classes

All online classes are running via ZOOM



DATE of CLASS	TIME CLASS STARTS-ENDS	NAME of CLASS
Wednesday 28 th April	14:00-15:30PM	Online Using Zoom for Students' Education and Digital Services

All courses will be delivered by ZOOM: ZOOM links will be sent by email





DATE of CLASS	TIME CLASS STARTS-ENDS	NAME of CLASS
Tuesday 4th May	14:00-15:30PM	Online Understanding Substance Use and Impact on Mental Health
Monday 10 th May	15:00-17:00PM	Face-to-Face Coping in a Crisis
Tuesday 11 th May	18:00-19:30PM	Online Understanding Anxiety
Monday 17 th May	13:30-15:30PM	Face-to-Face Supporting a Military Serving Person's Recovery
Thursday 27 th May	18:00-19:30PM	Online Supporting Families with a Military Serving Person's Recovery

HALF TERM – MONDAY 31th May – FRIDAY 4th June



DATE of CLASS	TIME CLASS STARTS- ENDS	NAME of CLASS
Thursday 17 th June	18:00-19:30PM	Online Understanding Anger Management

Please ensure we have an up-to-date email address for you



DATE of CLASS	TIME CLASS STARTS- ENDS	NAME of CLASS
Monday 5 st July	13:30-15:30PM	Face-to-Face Adjusting to Civilian Life
Wednesday 14 th July	13:30-15:30PM	Face-to-Face Understanding Alcohol Use and Impact on Mental Health
Wednesday 21 th July	13:30-15:30PM	Face-to-Face Understanding Perinatal Mental Health
Thursday 22 th July	18:00-19:30PM	Online Developing a Military Families Peer Support Group

END of TERM – Friday 23rd July 2021