



Spring/Summer Term
April–July 2021 Timetable

A Shared Journey

Solent Recovery College at the University of Portsmouth

To enrol or register for an online class, contact us:

Email: SRC@solentmind.org.uk

Phone or Text: 07971 348 555 (weekdays)

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

All classes are running online via Zoom

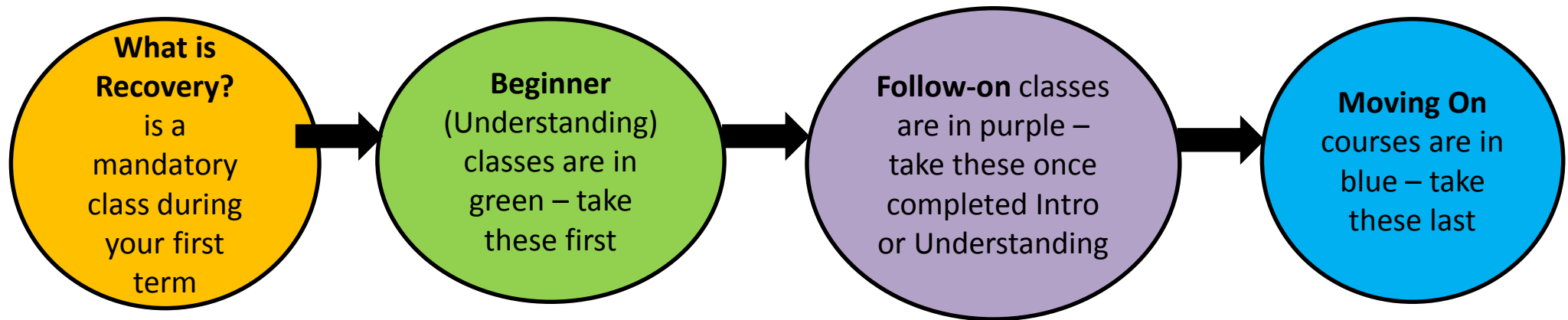
You must be enrolled with the college before taking any classes





April 2021

Date of Class	Start-End Time of Class	Name of Class
Monday 19 th April	11AM – 12:30PM	What is Recovery?
Wednesday 21 st April	2PM – 3:30PM	Understanding Depression
Friday 23 rd April	2PM – 3PM	Introduction to Skills for Life
Monday 26 th April	11AM – 12:30PM	Understanding Substance Misuse & Mental Health
Wednesday 28 th April	2PM – 3:30PM	Understanding Anxiety
Friday 30 th April	2PM – 3:30PM	Skills for Life – Week 1





May 2021

A Shared Journey

Date of Class	Start-End Time of Class	Name of Class
Wednesday 5 th May	11AM – 12:30PM	Understanding Mental Health & Money Management
Wednesday 5 th May	2PM – 3:30PM	Understanding Co-Production
Friday 7 th May	2PM – 3:30PM	Skills for Life – Week 2
Monday 10 th May	11AM – 12:30PM	What is Recovery?
Monday 10 th May	2PM – 3:30PM	Understanding Anxiety
Friday 14 th May	2PM – 3:30PM	Skills for Life – Week 3

To register for a class, email SRC@solentmind.org.uk

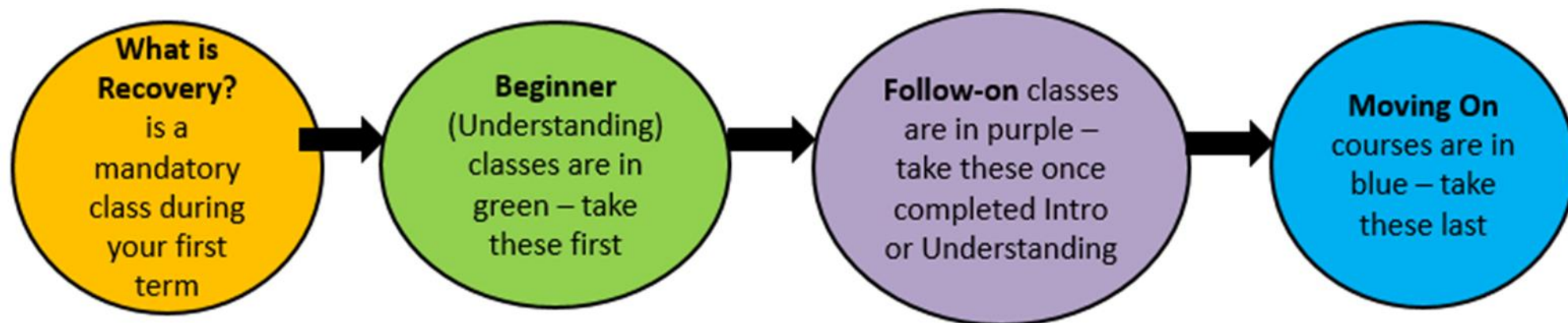


May (continued) 2021

Date of Class	Start-End Time of Class	Name of Class
Monday 17 th May	11AM – 12:30PM	Supporting Someone Else's Recovery
Wednesday 19 th May	11AM – 12:30PM	Understanding Anxiety
Wednesday 19 th May	2PM – 3:30PM	What is Recovery?
Friday 21 st May	2PM – 3:30PM	Skills for Life – Week 4
Monday 24 th May	11AM – 12:30PM	Life After Lockdown
Wednesday 26 th May	11AM – 12:30PM	Understanding Depression
Wednesday 26 th May	2PM – 3:30PM	Understanding Dementia
Friday 28 th May	2PM – 3:30PM	Skills for Life – Week 5
HALF TERM - Monday 31st May – Friday 4th June		



Date of Class	Start-End Time of Class	Name of Class
Monday 7 th June	11AM – 12:30PM	What is Recovery?
Friday 11 th June	2PM – 3:30PM	Skills for Life – Week 6
Monday 14 th June	11AM – 12:30PM	Understanding Personality Disorders
Friday 18 th June	2PM – 3:30PM	Skills for Life – Week 7





June (continued) 2021

Date of Class	Start-End Time of Class	Name of Class
Monday 21 st June	11AM – 12:30PM	What is Recovery?
Wednesday 23 rd June	11AM – 12:30PM	Living with Depression – Week 1
Friday 25 th June	2PM – 3:30PM	Skills for Life – Week 8
Wednesday 30 th June	11AM – 12:30PM	Living with Depression – Week 2
Wednesday 30 th June	2PM – 3:30PM	Understanding Anxiety

You must provide SRC with an up-to-date email address to attend online classes



July 2021

Date of Class	Start-End Time of Class	Name of Class
Friday 2 nd July	11AM – 12:30PM	Understanding Advocacy – Part 1
Friday 2 nd July	2PM – 3:30PM	Skills for Life – Week 9
Monday 5 th July	11AM – 12:30PM	Life After Lockdown
Wednesday 7 th July	11AM – 12:30PM	Living with Depression – Week 3
Wednesday 7 th July	2PM – 3:30PM	Living with Anxiety – Week 1
Friday 9 th July	11AM – 12:30PM	Understanding Advocacy – Part 2
Friday 9 th July	2PM – 3:30PM	Skills for Life – Week 10

Once you have registered for a class, you will be emailed the Zoom link



July (continued) 2021

Date of Class	Start-End Time of Class	Name of Class
Monday 12 th July	2PM – 3:30PM	Developing a Wellness Action Plan
Wednesday 14 th July	11AM – 12:30PM	Goal Setting for the Future
Wednesday 14 th July	2PM – 3:30PM	Living with Anxiety – Week 2
Friday 16 th July	2PM – 3:30PM	Skills for Life – Week 11
Monday 19 th July	11AM – 12:30PM	Understanding Anger
Monday 19 th July	2PM – 3:30PM	Setting Up a Peer Support Group
Wednesday 21 st July	2PM – 3:30PM	Living with Anxiety – Week 3
Friday 23 rd July	2PM – 3:30PM	Skill for Life – Week 12
END of TERM – Friday 23rd July 2021		