



SRC Online Spring Term 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

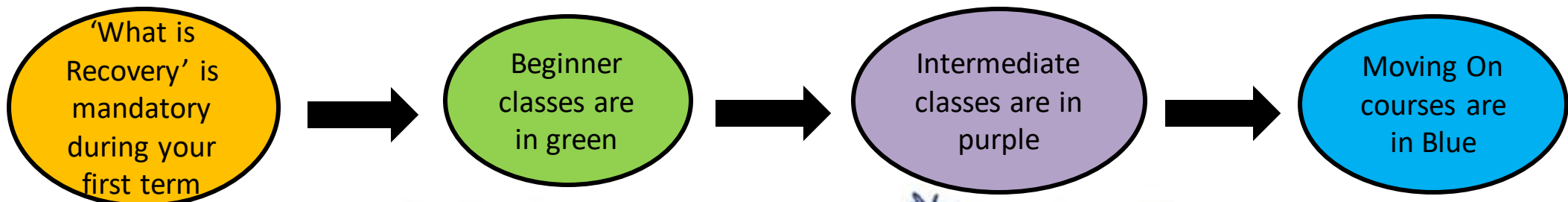
To register or book an online Class: Call, Text or Email us
You must be enrolled with the college before taking any classes



SRC Online April 2020

DATE of CLASS	TIME CLASS	NAME of CLASS
Friday 24th April	11:00-12:30	Using Zoom as a Student
Friday 1st May	11:00-12:30	Developing an Online Veteran Support Group
Friday 1st May	14:00-15:30	What is Recovery?
Friday 8th May	14:00-15:30	Understanding Mindfulness

Please ensure we have an up-to-date email address. Classes will be held via Zoom.





SRC Online May 2020

DATE of CLASS	TIME CLASS STARTS-ENDS	NAME of CLASS
Friday 15 th May	11:00-12:30	Understanding Anxiety
Friday 15 th May	14:00-15:30	Developing Mindfulness – Week 1
Friday 22 nd May	11:00-12:30	Understanding Depression
Friday 22 nd May	14:00-15:30	Developing Mindfulness – Week 2
Friday 29 th May	11:00-12:30	Supporting Someone Else's Recovery
Friday 29 th May	14:00-15:30	Developing Mindfulness – Week 3
Friday 5 th June	11:00-12:30	Supporting Forces Families Course
Friday 5 th June	14:00-15:30	Developing an Online Peer Support Group