

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p>Tutorials are a chance to speak with Emma Dunbar – Solent Recovery College’s Operational Lead. Please ensure you book your space on tutorials and courses by emailing SRC@Solentmind.co.uk . Courses will be held at St. Mary’s Hospital in Portsmouth</p>		1		2		3	9AM-10AM Intro to Skills for Life Group Room 1	4	
							10AM-11AM Intro to Skills for Life Group Room 1,		
7		8		9		10	1PM-3PM Skills for Life 1 Group Room 1,	11	
14	Train the Trainer (Staff only) Kestral Centre Sally & Lee / Francess	15		16		17	1PM-3PM Skills for Life 2 Group Room 1	18	
21	10AM-12:30PM What is Recovery? Group Room 1	22	1PM-3PM Tutorial Group Room 2	23	1PM-3PM Understanding Mindfulness Group Room 2	24	1PM-3PM Skills for Life 3 Group Room 1	25	1PM-3PM Understanding Depression Group Room 1
28		29	1PM-3PM Tutorial Group Room 1	30	1PM-3PM Developing Mindfulness 1 Group Room	31	1PM-3PM Skills for Life 4 Group Room 1,		

St Mary’s Hospital. Group Room 1 & 2 = Ground Floor, Long Term Conditions Suite. Seminar Room = Ground Floor, by Main Reception.

February 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 1PM-3PM Understanding Depression Group Room 1,
4 10AM-11AM Intro to First Steps to Recovery Group Room 1,		6 1PM-3PM Developing Mindfulness 2 Group Room 2,	7 2PM-4PM Skills for Life 5 Seminar Room, Lynn / Frances	8 10AM-12PM First Steps to Recovery - Sleep Group Room 1,
11AM-12PM Intro to First Steps to Recovery Group Room 1,				1PM-3PM Living with Depression 1 Group Room 1,
11 10AM-12PM First Steps to Recovery - Medication Group Room 1,	12 10AM-12PM Understanding Psychosis & Schizophrenia Group Room 2,	13 1PM-3PM Developing Mindfulness 3 Group Room 2,	14 1PM-3PM Skills for Life 6 Group Room 1,	15 10AM-12PM First Steps to Recovery - Food & Mood Group Room 1,
1:30PM-4PM What is Recovery? Seminar Room,				1PM-3PM Living with Depression 2 Group Room 1,

18 10AM-12PM First Steps to Recovery - Stress Less Group Room 1	19	20 1PM-3PM Developing Mindfulness 4 Group Room 2	21 1PM-3PM Skills for Life 7 Group Room 1,	22 10AM-12PM First Steps to Recovery - Communication Group Room 1 1PM-3PM Living with Depression 3 Group Room 1
25 10AM-12PM First Steps to Recovery - Problem Solving Group Room 1	26 10AM-12PM Developing a Peer Support Group Group Room 2	27 1PM-3PM Developing Mindfulness 5 Group Room 2	28 1PM-3PM Skills for Life 8 Group Room 1	
10AM-12:30PM What is Recovery? Group Room 2				

1 & 2 = Ground Floor, Long Term Conditions Suite. Seminar Room = Ground Floor, by Main Reception.

What is Recovery is the only mandatory class that must be taken during your first term with Solent Recovery College

All classes in a green box are entry level classes – ‘Understanding’

All classes in a purple box are next level classes – ‘Developing / Living With’

All classes in a blue box are progression classes for students preparing for life away from Solent Recovery College – ‘Developing a Peer Support Group’

March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10AM-12PM First Steps to Recovery 7 Balanced Lifestyle Group Room 1
4 10AM-12PM Supporting Someone Else's Recovery Group Room 2	5 10AM-12PM Understanding Personality Disorder Group Room 2	6 1PM-3PM Tutorial Group Room 2	7 1PM-3PM Skills for Life 9 Group Room 1	8 10AM-12PM Understanding Mind & Body Group Room 2 1PM-3PM Understanding Anxiety Group Room 2
11 10AM-12PM Knowing Your Rights – Intro to Mental Health Law Group Room 2	12	13 1PM-3PM Tutorial Group Room 2	14 1PM-3PM Skills for Life 10 Group Room 1	15 10AM-12PM Making A Change: Mind & Body 1 Group Room 2, 1PM-3PM Living with Anxiety 1 Group Room 2
10AM-12:30PM What is Recovery? Group Room 1				

18 10AM-12PM Understanding Self-Harm Group Room 2	19 10AM-12PM Exploring Spirituality & Mental Wellbeing 1 Group Room 2	20 1PM-3PM Tutorial Group Room 2	21 1PM-3PM Skills for Life 11 Group Room 1	22 10AM-12PM Making A Change: Mind & Body 2 Group Room 2
1PM-3PM Living with Anxiety 2 Group Room 2				
25 10AM-12PM Remind: Understanding Dementia Group Room 2,	26 10AM-12PM Exploring Spirituality & Mental Wellbeing 2 Group Room 2,	27 1PM-3PM Tutorial Group Room 2,	28 10AM-12PM Understanding Substance Misuse & Impact on Mental Health Group Room 1,	29 10AM-12PM Making A Change: Mind & Body 3 Group Room 2,
			1PM-3PM Skills for Life 12 Group Room 1	1PM-3PM Living with Anxiety 3 Group Room 2,

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You must start with an entry level class before moving on to a next level class.

For example, if you want to take Making A Change: Mind & Body, you must take Understanding Mind & Body first.

Email: SRC@solentmind.org.uk

