

ACTIVITIES

AUGUST - NOVEMBER 2018

For a detailed description of the activities listed below, please use this alongside the Plymouth & District Mind Recovery College Programme 2018.

COURSES	Dates and Times
Developing Self-Esteem <i>(9 hour course over 3 sessions)</i>	Session 1: Wed 15 th August 11-2pm Session 2: Wed 22 nd August 11-2pm Session 3: Wed 29 th August 11-2pm
Cultivating Mindfulness <i>(8 hour course over 4 sessions)</i>	Course 1 Session 1: Friday 10 th August 11-1pm Session 2: Friday 17 th August 11-1pm Session 3: Friday 24 th August 11-1pm Session 4: Friday 31 st August 11-1pm Course 2 Session 1: Thursday 23 rd August 11-1pm Session 2: Thursday 30 th August 11-1pm Session 3: Thursday 6 th September 11-1pm Session 4: Thursday 13 th September 11-1pm Course 3 Session 1: Friday 12 th October 11-1pm Session 2: Friday 19 th October 11-1pm Session 3: Friday 26 th October 11-1pm Session 4: Friday 2 nd November 11-1pm
Coping Strategies for Stress and Anxiety <i>(8 hour course over 4 sessions)</i>	Session 1: Friday 7 th September 11-1pm Session 2: Friday 14 th September 11-1pm Session 3: Friday 21 st September 11-1pm Session 4: Friday 28 th September 11-1pm
Managing Depression and Anxiety <i>(4 hour course over 2 sessions)</i>	Course 1 Session 1: Friday 27 th August 11-1pm Session 2: Friday 7 th September 11-1pm Course 2 Session 1: Friday 12 th October 11-1pm Session 2: Friday 19 th October 11-1pm
Understanding Your Anger <i>(12 hour course over 3 sessions)</i>	Session 1: Wednesday 10 th October 11-3pm Session 2: Wednesday 17 th October 11-3pm Session 3: Wednesday 24 th October 11-3pm
Becoming More Confident <i>(2 hour course over 1 session)</i>	Course 1 Thursday 16 th August 11-1pm Course 2 Thursday 6 th September 11-1pm
Becoming More Assertive <i>(2 hour course over 1 session)</i>	Course 1 Thursday 23 rd August 11-1pm Course 2 Thursday 20 th September 11-1pm
Becoming More Positive <i>(2 hour course over 1 session)</i>	Course 1 Tuesday 30 th August 11-1pm

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Becoming More Positive <i>(2 hour course over 1 session)</i>	Course 2 Thursday 27 th September 11-1pm
Conflict Resolution <i>(3 hour course over 1 session)</i>	Monday 24 th September 11-2pm
Riding the Emotional Rollercoaster <i>(6 hour course over 3 sessions)</i>	Session 1: Wednesday 31 st October 11.30-1.30pm Session 2: Wednesday 7 th November 11.30-1.30pm Session 3: Wednesday 14 th November 11.30-1.30pm
CREATIVE WORKSHOPS	Dates and Times
Our Space Creative Workshops (run by Theatre Royal Plymouth)	Starting Thursday 20 th September for 5 sessions. Last session Thursday 18 th October. 11-1.30pm
THERAPY GROUPS	Dates and Times
Mums Connect (The Barn, Barne Barton)	Starting Thursday 20 th September for 4 sessions 1.45-3pm
The Empty Nesters	Starting Wednesday 5 th September for 4 sessions 3 - 4.30pm
PEER SUPPORT/SELF-HELP GROUPS	Dates and Times
Bipolar Support Group	Every 2 nd Thursday 11-12.30pm
Hearing Voices Support Group	Every 2 nd Friday 2-3.30pm
Mindfulness Practice Group	1 st Friday of every month 2-3.30pm
OCD Self-Help Group	1 st Wednesday of every month 2-3.30pm
Men's Group	Every 2 nd Friday 2-3.30pm
Musical Minds	Weekly on a Monday (starting 15 th October) 2-3.30pm
Women's Craft Group	Every 2nd Wednesday 2-3.30pm
Depression Support Group	Once a month on Wednesday 1.30-3.00pm
Bridge the Gap Volunteering Group	Weekly on a Wednesday 10-12.00pm
Snap the City Photography Group	Monthly on Wednesday 1.30-3.30pm