

Compass Recovery College Workshop Schedule January to April 2023

Welcome

Compass Recovery College run **free mental health and wellbeing workshops**, both online and in person. Here at Compass Recovery College there's **something for everyone!** The wide range of workshops we offer are an educational route to **recovery from mental health challenges** and **increasing positive wellbeing**.

Our workshops focus on **self-management skills and living well**, with the aim of all participants becoming experts in their own self-care. All our workshops are **co-produced**; designed and delivered by people with lived experience of mental health challenges together with mental health professionals. Our aim is for everyone to feel listened to in a safe space, with the opportunity to connect with others.

Everyone is welcome and everyone is a participant, whether affected directly or indirectly by mental ill health. You do not need a referral or a diagnosis to attend. So, whether you are struggling yourself, or perhaps you are a carer, family member or professional who would like to know more about mental health and wellbeing, we can help..



Our Workshops:

MENTAL HEALTH COURSES	Designed to help us understand mental health challenges and teach skills for self- management.
LEARNING & WELLBEING COURSES	Designed to improve wellbeing and help keep us well
CREATIVE COURSES	Join us to explore and get in touch with your creative side.
SOCIAL SESSION	Informal, drop-in sessions to chat about how we are, meet new people or old friends.

January

MONDAY 9th

TUESDAY 10th

WEDNESDAY 11th

THURSDAY 12th

FRIDAY 13th

Coffee & Chat
The Biscuit Factory
10.30-11.30

Low Mood and Depression
Online
(Part 1/3)
12.00-13.15

Information & Registration
Broad Street Mall
12.00-14.00

Wellbeing Welcome
Online
12.00-14.00

January

MONDAY 16^h

Yoga for Energy
Online
(Part 1/3)
16.00-17.00

TUESDAY 17th

Colour Visions Art Group
Jelly (Broad Street Mall)
(Part 1/7)
10.00-12.00

Coffee & Chat
The Biscuit Factory
10.30-11.30

Low Mood and Depression
Online
(Part 2/3)
12.00-13.15

**Colour Visions Art Group
for Refugees**
Greyfriars Church
(Part 1/7)
14.00-16.00

WEDNESDAY 18th

THURSDAY 19th

FRIDAY 20th

January

MONDAY 23rd

TUESDAY 24th

WEDNESDAY 25th

THURSDAY 26th

FRIDAY 27th

Colour Vision Art Group
Jelly (Broad Street Mall)
(Part 2/7)
10.00-12.00

Coffee & Chat
The Biscuit Factory
10.30-11.30

Low Mood and Depression
Online
(Part 3/3)
12.00-13.15

Habits and Routines for Positive
Change
Online
12.00-13.30

Colour Visions Art Group for
Refugees
Greyfriars Church
(Part 2/7)
14.00-16.00

Yoga for Energy
Online
(Part 2/3)
16.00-17.00

January

MONDAY 30th

Yoga for Energy
Online
(Part 3/3)
16.00-17.00

TUESDAY 31st

Colour Visions Art Group
Jelly (Broad Street Mall)
(Part 3/7)
10.00-12.00

Coffee & Chat
The Biscuit Factory
10.30-11.30

Colour Vision Art Group for Refugees
Greyfriars Church
(Part 3/7)
14.00-16.00

WEDNESDAY 1st

Understanding Autism and Mental Health
Reading Central Library
(Part 1/2)
12.30-14.00

THURSDAY 2nd

Parent & Baby Yoga
The Biscuit Factory
(Part 1/9)
9.30-10.45

Seated Yoga
The Biscuit Factory
(Part 1/9)
11.00-12.15

FRIDAY 3rd

February

MONDAY 6th

Creative Writing
Reading Rep
(Part 1/4)
15.30-17.00

TUESDAY 7th

Colour Visions Art Group
Jelly (Broad Street Mall)
(Part 4/7)
10.00-12.00

Coffee & Chat
The Biscuit Factory
10.30-11.30

Info & Reg
Broad Street Mall
12.00-14.00

Colour Visions Art Group for Refugees
Greyfriars Church
(Part 4/7)
14.00-16.00

WEDNESDAY 8th

Understanding Autism and Mental Health
Reading Central Library
(Part 2/2)
12.30-14.00

Conservation for Wellbeing
MERL
(Part 1/6)
13.00-15.00

THURSDAY 9th

Parent & Baby Yoga
The Biscuit Factory
(Part 2/9)
9.30-10.45

Seated Yoga
The Biscuit Factory
(Part 2/9)
11.00-12.15

Wellbeing for Carers
Online
(Part 1/4)
13.00-14.30

FRIDAY 10th

February

MONDAY 13th

TUESDAY 14th

WEDNESDAY 15th

THURSDAY 16th

FRIDAY 17th

Colour Visions Art Group
Jelly (Broad Street Mall)
(Part 5/7)
10.00-12.00

Coffee & Chat
The Biscuit Factory
10.30-11.30

Colour Visions Art Group for Refugees
Greyfriars Church
(Part 5/7)
14.00-16.00

Creative Writing
Reading Rep
(Part 2/4)
15.30-17.00

Autism & Social Anxiety
Reading Central Library
12.30-14.00

Conservation for Wellbeing
MERL
(Part 2/6)
13.00-15.00

Parent & Baby Yoga
The Biscuit Factory
(Part 3/9)
9.30-10.45

Seated Yoga
The Biscuit Factory
(Part 3/9)
11.00-12.15

Improving Self Esteem
Online
12.00-13.15

Wellbeing for Carers
Online
(Part 2/4)
13.00-14.30

February

MONDAY 20th

Creative Writing
Reading Rep
(Part 3/4)
15.30-17.00

TUESDAY 21st

Colour Visions Art Group
Jelly (Broad Street Mall)
(Part 6/7)
10.00-12.00

Coffee & Chat
The Biscuit Factory
10.30-11.30

Colour Visions Art Group for Refugees
Greyfriars Church
(Part 6/7)
14.00-16.00

WEDNESDAY 22nd

Self-Esteem with Autism
Reading Central Library
12.30-14.00

Conservation for Wellbeing
MERL
(Part 3/6)
13.00-15.00

THURSDAY 23rd

Parent & Baby Yoga
The Biscuit Factory
(Part 4/9)
9.30-10.45

Seated Yoga
The Biscuit Factory
(Part 4/9)
11.00-12.15

Wellbeing for Carers
Online
(Part 3/4)
13.00-14.30

Employability and Mental Health
New Directions
(Part 1/4)
14.00-16.00

FRIDAY 24th

February

MONDAY 27th

TUESDAY 28th

WEDNESDAY 1st

THURSDAY 2nd

FRIDAY 3rd

Colour Visions Art Group
Jelly (Broad Street Mall)
(Part 7/7)
10.00-12.00

Coffee & Chat
The Biscuit Factory
10.30-11.30

Colour Visions Art Group for Refugees
Greyfriars Church
(Part 7/7)
14.00-16.00

Creative Writing
Reading Rep
(Part 4/4)
15.30-17.00

Supporting You to Support Autism
Reading Central Library
(Part 1/2)
12.30-14.00

Conservation for Wellbeing
MERL
(Part 4/6)
13.00-15.00

Parent & Baby Yoga
The Biscuit Factory
(Part 5/9)
9.30-10.45

Seated Yoga
The Biscuit Factory
(Part 5/9)
11.00-12.15

Grieving Losses
Online
(Part 1/3)
12.00-13.15

Wellbeing for Carers
Online
(Part 4/4)
13.00-14.30

Employability and Mental Health
New Directions
(Part 2/4)
14.00-16.00

Walk-Talk-Walk
Palmer Park
10.30-11.30

March

MONDAY 6th

TUESDAY 7th

WEDNESDAY 8th

THURSDAY 9th

FRIDAY 10th

Coffee & Chat

The Biscuit Factory
10.30-11.30

Information & Registration
Broad Street Mall
12.00-14.00

Money Matters

The Biscuit Factory
(Part 1/3)
11.00-13.00

Supporting You to Support Autism

Reading Central Library
(Part 2/2)
12.30-14.00

Conservation for Wellbeing

MERL
(Part 5/6)
13.00-15.00

Parent & Baby Yoga

The Biscuit Factory
(Part 6/9)
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WEDNESDAY 22nd

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Money Matters
The Biscuit Factory
(Part 3/3)
11.00-13.00

Coffee & Chat
The Biscuit Factory
10.30-11.30

Understanding Psychosis
Reading Central Library
(Part 1/2)
12.00-13.30

Parent & Baby Yoga
The Biscuit Factory
(Part 8/9)
9.30-10.45

Seated Yoga
The Biscuit Factory
(Part 8/9)
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Palmer Park
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Understanding Psychosis
Reading Central Library
(Part 2/2)
12.00-13.30

Parent & Baby Yoga
The Biscuit Factory
(Part 9/9)
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Seated Yoga
The Biscuit Factory
(Part 9/9)
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Palmer Park
10.30-11.30