

Compass Recovery College Workshop Schedule

April to June 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 WORKSHOPS	Designed to help us understand mental health challenges. These workshops focus on increasing knowledge, building confidence, and teaching self-management skills to help us in our day to day lives.
WELLBEING WORKSHOPS	Designed to improve wellbeing and help keep us well. They provide a space to explore our creative side, engage in exercise and connect with others.
DROP- IN SESSIONS	Our Drop-ins are a good place to start if you are new to Compass. These can be attended as little or often as you like. They offer a safe space to connect with others in a relaxed environment. Join us for a coffee and chat or gentle walk. Register Online or speak to our recovery workers on the day.

April - June 2023

Telephone: 01189 373 945

Email: compass.opportunities@reading.gov.uk

April

MONDAY 10th

Easter Monday

TUESDAY 11th

Coffee & Chat
The Biscuit Factory
10.30-12.00

WEDNESDAY 12th

THURSDAY 13th

FRIDAY 14th

Walk-Talk-Walk
Palmer Park
10.30-12.00

April

MONDAY 17th

Understanding Bipolar
Online
(Part 1/2)
10.30-12.00

TUESDAY 18th

Coffee & Chat
The Biscuit Factory
10.30-12.00

WEDNESDAY 19th

A Good Night's Sleep
Online
(Part 1/2)
10.30-12.00

THURSDAY 20th

Yoga for Beginners
The Biscuit Factory
(Part 1/8)
10.00-11.30

Getting to Grips with Stress
Palmer Park
(Part 1/2)
14.00-15.30

FRIDAY 21st

Walk-Talk-Walk
Palmer Park
10.30-12.00

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

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April

MONDAY 24th

TUESDAY 25th

WEDNESDAY 26th

THURSDAY 27th

FRIDAY 28th

Understanding Bipolar
Online
(Part 2/2)
10.30-12.00

Coffee & Chat
The Biscuit Factory
10.30-12.00

A Good Night's Sleep
Online
(Part 2/2)
10.30-12.00

Yoga for Beginners
The Biscuit Factory
(Part 2/8)
10.00-11.30

Walk-Talk-Walk
Palmer Park
10.30-12.00

Getting to Grips with Stress
Palmer Park
(Part 2/2)
14.00-15.30

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

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May

MONDAY 1st

TUESDAY 2nd

WEDNESDAY 3rd

THURSDAY 4th

FRIDAY 5th

MAY BANK HOLIDAY

Coffee & Chat
The Biscuit Factory
10.30-12.00

Yoga for Beginners
The Biscuit Factory
(Part 3/8)
10.00-11.30

Walk-Talk-Walk
Palmer Park
10.30-12.00

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

May

MONDAY 8th

TUESDAY 9th

WEDNESDAY 10th

THURSDAY 11th

FRIDAY 12th

BANK HOLIDAY

Coffee & Chat
The Biscuit Factory
10.30-11.30

Information and Registration
Broad Street Mall
12.00-14.00

Yoga for Beginners
The Biscuit Factory
(Part 4/8)
10.00-11.30

Common Mental Health
Challenges
Online
(Part 1/2)
14.00-15.30

Walk-Talk-Walk
Palmer Park
10.30-12.00

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

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May

MONDAY 15th

ADHD and Me
Online
10.30-12.00

TUESDAY 16th

Colour Visions Art Group
Meet at Jelly (Broad Street Mall)
sessions to be held outside
(Part 1/6)
10.00-11.30

Coffee & Chat
The Biscuit Factory
10.30-12.00

WEDNESDAY 17th

Understanding Emotions
Online
(Part 1/2)
10.30-12.00

THURSDAY 18th

Yoga for Beginners
The Biscuit Factory
(Part 5/8)
10.00-11.30

**Common Mental Health
Challenges**
Online
(Part 2/2)
14.00-15.30

FRIDAY 19th

Walk-Talk-Walk
Palmer Park
10.30-12.00

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

May

MONDAY 22nd

TUESDAY 23rd

WEDNESDAY 24th

THURSDAY 25th

FRIDAY 26th

Colour Visions Art Group

Meet at Jelly (Broad Street Mall)

sessions to be held outside

(Part 2/6)

10.00-11.30

Coffee & Chat

The Biscuit Factory

10.30-12.00

Understanding Emotions

Online

(Part 2/2)

10.30-12.00

Yoga for Beginners

The Biscuit Factory

(Part 6/8)

10.00-11.30

Walk-Talk-Walk

Palmer Park

10.30-12.00

Colour Visions Art Group for Refugees

Greyfriars Church

(Part 6/7)

14.00-16.00

May/June

MONDAY 29th

BANK HOLIDAY

TUESDAY 30th

Colour Visions Art Group

**Meet at Jelly (Broad Street Mall)
sessions to be held outside**

(Part 3/6)

10.00-12.00

Coffee & Chat

The Biscuit Factory

10.30-12.00

WEDNESDAY 31st

THURSDAY 1st

Yoga for Beginners

**The Biscuit Factory
(Part 7/8)**

10.00-11.30

FRIDAY 2nd

Walk-Talk-Walk

Palmer Park

10.30-12.00

Reading for Wellbeing

MERL

(Part 1/4)

14.00-15.30

Colour Visions Art Group for Refugees

Greyfriars Church

(Part 7/7)

14.00-16.00

June

MONDAY 5th

Understanding and Managing Anxiety
Online
(Part 1/2)
10.30-12.00

TUESDAY 6th

Colour Visions Art Group
Meet at Jelly (Broad Street Mall)
sessions to be held outside
(Part 4/6)
10.00-12.00

Coffee & Chat
The Biscuit Factory
10.30-12.00

WEDNESDAY 7th

THURSDAY 8th

Yoga for Beginners
The Biscuit Factory
(Part 8/8)
10.00-11.30

FRIDAY 9th

Walk-Talk-Walk
Palmer Park
10.30-11.30

Reading for Wellbeing
MERL
(Part 2/4)
14.00-15.30

June

MONDAY 12th

Understanding and Managing Anxiety
Online
(Part 2/2)
10.30-12.00

TUESDAY 13th

Colour Visions Art Group
Meet at Jelly (Broad Street Mall)
sessions to be held outside
(Part 5/6)
10.00-12.00

Coffee & Chat
The Biscuit Factory
10.30-11.30

WEDNESDAY 14th

Information and Registration
Broad Street Mall
12.00-14.00

THURSDAY 15th

Beyond Recovery
Online
(Part 1/2)
14.00-15.30

FRIDAY 16th

Walk-Talk-Walk
Palmer Park
10.30-12.00

Reading for Wellbeing
MERL
(Part 3/4)
14.00-15.30

June

MONDAY 19th

Understanding Psychosis
Online
(Part 1/2)
10.30-12.00

TUESDAY 20th

Colour Visions Art Group
The Jelly (Broad Street Mall)
sessions to be held outside
(Part 6/6)
10.00-12.00

Coffee & Chat
The Biscuit Factory
10.30-12.00

WEDNESDAY 21st

THURSDAY 24th

Beyond Recovery
Online
(Part 2/2)
14.00-15.30

FRIDAY 25th

Walk-Talk-Walk
Palmer Park
10.30-12.00

Reading for Wellbeing
MERL
(Part 4/4)
14.00-15.30

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June

MONDAY 26th

TUESDAY 27th

WEDNESDAY 28th

THURSDAY 29th

FRIDAY 30th

Understanding Psychosis
Online
(Part 2/2)
10.30-12.00

Coffee & Chat
The Biscuit Factory
10.30-12.00

Walk-Talk-Walk
Palmer Park
10.30-12.00