

# Compass Recovery College Workshop Schedule January to March 2024

## 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:

### MENTALHEALTH 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

Join us to explore and get in touch with your creative side.

## January

MONDAY 1 <sup>st</sup>	TUESDAY 2 <sup>nd</sup>	WEDNESDAY 3 <sup>rd</sup>	THURSDAY 4 <sup>th</sup>	FRIDAY 5 <sup>th</sup>
Closed	Closed	Closed	Closed	<b>Colour Visions Art Group</b> <b>Jelly</b> <b>(Part 1/6)</b> <b>10:00-12:00</b>
				<b>Colour Visions for Refugees</b> <b>Doubletree by Hilton Hotel</b> <b>(Part 1/6)</b> <b>14:00-16:00</b>

## January

MONDAY 8th

TUESDAY 9th

WEDNESDAY 10<sup>th</sup>

THURSDAY 11<sup>th</sup>

FRIDAY 12<sup>th</sup>

**Coffee & Chat**  
**The Biscuit Factory**  
**11:00-12:30**

**Colour Visions Art Group**  
**Jelly**  
**(Part 2/6)**  
**10:00-12:00**

**Colour Visions for Refugees**  
**Doubletree by Hilton Hotel**  
**(Part 2/6)**  
**14:00-16:00**

## January

MONDAY 15th

TUESDAY 16<sup>th</sup>

WEDNESDAY 17<sup>th</sup>

THURSDAY 18<sup>th</sup>

FRIDAY 19th

**Coffee & Chat**  
**The Biscuit Factory**  
**11:00-12.30**

**Obsessive Compulsive Disorder**  
**Online**  
**(Part 1/2)**  
**14:00-15:30**

**Colour Visions Art Group**  
**Jelly**  
**(Part 3/6)**  
**10:00-12:00**

**Colour Visions for Refugees**  
**Doubletree by Hilton Hotel**  
**(Part 3/6)**  
**14:00-16:00**

# January – March 2024

Telephone: 01189 373 945

Email: [compass.opportunities@reading.gov.uk](mailto:compass.opportunities@reading.gov.uk)

## January

MONDAY 22<sup>nd</sup>

TUESDAY 23<sup>rd</sup>

WEDNESDAY 24<sup>th</sup>

THURSDAY 25<sup>th</sup>

FRIDAY 26<sup>th</sup>

**Understanding Bipolar**  
Online  
(Part 1/2)  
19:00-20:00

**Coffee & Chat**  
The Biscuit Factory  
11:00-12.30

**Obsessive Compulsive Disorder**  
Online  
(Part 2/2)  
14:00-15:30

**Managing Money &  
Mental Health**  
Reading Central Library  
14:00-15:30

**Addiction, Dependency &  
Recovery**  
Change Grow Live  
(Part 1/3)  
11:00-12:30

**Colour Visions Art Group**  
Jelly  
(Part 4/6)  
10:00-12:00

**Colour Visions for Refugees**  
The Atrium  
(Part 4/6)  
14:00-16:00



## January/February

MONDAY 29<sup>th</sup>

TUESDAY 30<sup>th</sup>

WEDNESDAY 31<sup>st</sup>

THURSDAY 1<sup>st</sup>

FRIDAY 2<sup>nd</sup>

**Coffee & Chat**  
**The Biscuit Factory**  
**11.00-12.30**

**Addiction, Dependency & Recovery**  
**Change Grow Live**  
**(Part 2/3)**  
**11:00-12:30**

**Colour Visions Art Group**  
**Jelly**  
**(Part 5/6)**  
**10:00-12:00**

**Colour Visions for Refugees**  
**The Atrium**  
**(Part 5/6)**  
**14:00-16:00**

**Understanding Bipolar**  
**Online**  
**(Part 2/2)**  
**19:00-20:00**

# January – March 2024

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## February

MONDAY 5<sup>th</sup>

TUESDAY 6<sup>th</sup>

WEDNESDAY 7<sup>th</sup>

THURSDAY 8<sup>th</sup>

FRIDAY 9<sup>th</sup>

**Managing Anxiety**  
Online  
(Part 1/2)  
14:00-15:30

**Coffee & Chat**  
The Biscuit Factory  
11:00-12:30

**Living With Psychosis**  
Reading Central Library  
(Part 1/3)  
14:00-15:30

**Addiction, Dependency & Recovery**  
Change Grow Live  
(Part 3/3)  
11:00-12:30

**Colour Visions Art Group**  
Jelly  
(Part 6/6)  
10:00-12:00

**Colour Visions for Refugees**  
The Atrium  
(Part 6/6)  
14:00-16:00

## February

MONDAY 12<sup>th</sup>

TUESDAY 13<sup>th</sup>

WEDNESDAY 14<sup>th</sup>

THURSDAY 15<sup>th</sup>

FRIDAY 16<sup>th</sup>

**Coffee & Chat**  
**The Biscuit Factory**  
**11:00-12.30**

**Managing Anxiety**  
**Online**  
**(Part 2/2)**  
**14:00-15:30**

**Living With Psychosis**  
**Reading Central Library**  
**(Part 2/3)**  
**14:00-15:30**



## February

MONDAY 19<sup>th</sup>

TUESDAY 20<sup>th</sup>

WEDNESDAY 21<sup>st</sup>

THURSDAY 22<sup>nd</sup>

FRIDAY 23<sup>rd</sup>

**Coffee & Chat**

**The Biscuit Factory**

**11:00-12.30**

**Living Well with Chronic Pain**

**Online**

**(Part 1/3)**

**14:00-15:30**

**Living With Psychosis**

**Reading Central Library**

**(Part 3/3)**

**14:00-15:30**

## February/March

MONDAY 26<sup>th</sup>

TUESDAY 27<sup>th</sup>

WEDNESDAY 28<sup>th</sup>

THURSDAY 29<sup>th</sup>

FRIDAY 1<sup>st</sup>

**Coffee & Chat**  
**The Biscuit Factory**  
**11:00-12.30**

**Walk-Talk-Walk**  
**Palmer Park**  
**10.30-12.00**

**Living Well with Chronic Pain**  
**Online**  
**(Part 2/3)**  
**14:00-15:30**

## March

MONDAY 4<sup>th</sup>

TUESDAY 5<sup>th</sup>

WEDNESDAY 6<sup>th</sup>

THURSDAY 7<sup>th</sup>

FRIDAY 8<sup>th</sup>

**Coffee & Chat**

**The Biscuit Factory**

**11:00-12.30**

**Walk-Talk-Walk**

**Palmer Park**

**10.30-12:00**

**Living Well with Chronic Pain**

**South Street**

**(Part 3/3)**

**14:00-15:30**

## March

MONDAY 11<sup>th</sup>

TUESDAY 12<sup>th</sup>

WEDNESDAY 13<sup>th</sup>

THURSDAY 14<sup>th</sup>

FRIDAY 15<sup>th</sup>

**Coffee & Chat**

**The Biscuit Factory**

**11:00-12:30**

**Autism & Mental Health**

**Greyfriars**

**(Part 1/2)**

**14:00-15:30**

**Walk-Talk-Walk**

**Palmer Park**

**10.30-12.00**

## March

MONDAY 18<sup>th</sup>

TUESDAY 19<sup>th</sup>

WEDNESDAY 20<sup>th</sup>

THURSDAY 21<sup>st</sup>

FRIDAY 22<sup>nd</sup>

**Coffee & Chat**  
**The Biscuit Factory**  
**11:00-12:30**

**Autism & Mental Health**  
**Greyfriars**  
**(Part 2/2)**  
**14:00-15:30**

**Managing Emotions**  
**Greyfriars**  
**(Part 1/2)**  
**10:30-12:00**

**Walk-Talk-Walk**  
**Palmer Park**  
**10.30-12.00**

## March

MONDAY 25<sup>th</sup>

TUESDAY 26<sup>th</sup>

WEDNESDAY 27<sup>th</sup>

THURSDAY 28<sup>th</sup>

FRIDAY 29<sup>th</sup>

**Coffee & Chat**

**The Biscuit Factory**

**11:00-12:30**

**Managing Emotions**

**Greyfriars**

**(Part 2/2)**

**10:30-12:00**

**GOOD FRIDAY**