

# Timetable

**Monday 8<sup>th</sup> November – Friday 17<sup>th</sup> December 2021**

Sessions will be 50 minutes long with a prompt start at ten past the hour.

[Please click here to enrol for your courses.](#)

Venue	Online - Zoom	Carlisle The Lookout	Copeland De Lucy Centre	Allerdale Northside CC	Eden Penrith Library
Day	See below	Tuesday	Tuesday	Thursday	Thursday
10.00 – 11.00		Assertiveness	Assertiveness	Assertiveness	Assertiveness
11.00 – 12.00		Wellness Recovery Action Planning	Wellness Recovery Action Planning	Wellness Recovery Action Planning	Wellness Recovery Action Planning
12.00 – 13.00		Lunchtime / Drop in session	Lunchtime / Drop in session	Lunchtime / Drop in session	Lunchtime / Drop in session
13.00 – 14.00		Decider Life Skills	Decider Life Skills	Decider Life Skills	Decider Life Skills
14.00 – 15.00		Drawing & Talking	Drawing & Talking	Drawing & Talking	Drawing & Talking
15.00 – 16.00					
16.00 – 17.00					
17.00 – 18.00					
18.00 – 19.00					
19.00 – 20.00	Tuesday Emotional Resilience				

# Course Descriptions

## **Assertiveness**

Would you like to be more assertive? Attend this course to find out what assertiveness is and isn't, we will explore the different elements of assertive behaviours.

This course is beneficial to those who wish to improve their confidence in their everyday life.

## **Decider Life Skills**

The Decider Life Skills use Cognitive Behavioural Therapy to teach skills to recognise thoughts, feelings and behaviours, allowing people to monitor and manage their own emotions and mental health. The skills were designed to enable participants to make effective changes to help manage distress, regulate emotion, increase mindfulness, promote effective communication and to live a more skilful, less impulsive life. The Decider Skills are delivered in an original, fun and creative style, using role plays, props, imagery and music, that makes them easy to learn and easy to teach. The demonstrations bring the skills to life.

## **Wellness Recovery Action Planning**

Written and evidenced by Mary Ellen Copeland this 6 session course provides you with tools to keep yourself well, notice triggers, identify early warning signs and plan for crisis' in an engaging and fun way. It is a great course for anyone who would like to manage their health better.

## **Drawing and Talking**

Sessions are based on the drawing and talking format where you draw a made up picture of whatever you feel like, tell a story about your picture and answer questions that are about the picture. This course will help you to ask and answer questions in the moment, it will let your imagination grow and contributes to overall improved wellbeing.

## **Emotional Resilience**

Six sessions covering managing wellbeing, making changes/problem solving, eating well, sleeping well, relaxation and being mindful and moving forward. The sessions will help you to understand and manage your own resilience and increase understanding about the resilience of others, how wellbeing is affected and the positive changes that we can make to improve wellbeing.

## **Lunchtime / Drop in session**

If you would like to pop in to meet the team to say hello and find out more, please use these sessions to do so.

We look forward to meeting you!

Tel: 0808 196 1773

Email: [hello@ncrecoverycollege.org](mailto:hello@ncrecoverycollege.org)

Website: <https://ncrecoverycollege.org>

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