

Course Title	Course length	Brief overview	Suitable for
Welcome to Online Recovery College	1 session (approx. 1 hour)	This session is an opportunity for learners to familiarise themselves with using Microsoft Teams. It is an informal session which explains group rules, practicalities and allows learners the chance to meet each other prior to the course.	Anyone with an interest in attending the Recovery College
Keeping Well Online course	1 session (approx. 2 hours)	This course is a starting point to get learners to consider how they look after themselves. As a group we have lots of lively discussions encouraging people to talk about what it means to them to “keep well.” We encourage learners to think about techniques they use to look after their well-being, and this also includes identifying unhealthy techniques. We then begin to look at a range of tools and interventions that are positive ways to support well-being.	This course is perfect for anyone who would like to think about improving their health and well-being. This is a great course to start with!
Coping Techniques	1 session (approx. 2 hours)	Following on from the keeping well course (or on it’s own if learners prefer) this course allows learners to practise the coping techniques we have previously explored. This is a practical course where learners will have a go at the techniques in a safe space and also have opportunities to ask questions. Some of the techniques we will cover: <ul style="list-style-type: none"> • Breathing exercise • Mindfulness exercise • Distraction technique • Grounding exercise 	Anyone who would like to learn practical techniques to deal with difficult or stressful times.
Emotional resilience Online	2 Weeks-2 hours per session	This course is ran at the same day and same time each week. It will be led by power point with plenty of opportunities for the learners to discuss our objectives with each other and share their personal experiences. Over the weeks we aim to explore:	Although this is suitable for anyone who would like to build on their emotional resilience, you should be comfortable with being in a group and potentially hearing about

		<ul style="list-style-type: none"> • To understand what emotional resilience is • Explore the barriers to being resilient • Learn how to manage strong emotions • Develop and build on ways in which we can be more resilient. 	<p>other people's previous difficulties. <u>This is not group therapy but there are opportunities throughout this course for people to share about their personal journey.</u></p>
Mindfulness Online	2 weeks-2 hours per session.	<p>This course is an introduction to the principles of mindfulness and a chance for people to gain an understanding of the technique. Over the two sessions we aim to:</p> <ul style="list-style-type: none"> • Introduce the concept of mindfulness • Explain how mindfulness can benefit us physically and emotionally • Identify ways we can incorporate mindfulness into our everyday lives. 	<p>A great course for people with varying levels of understanding about mindfulness. Whether mindfulness is brand new to you or already part of your everyday practise it's a good opportunity to share with others and gain some new ideas about how you can embed mindfulness into your everyday life.</p>
Confidence Building Online	2 Weeks- 2 Hours per session.	<p>Through the two weeks this course aims to support people to look at self-esteem and confidence and enable them to take steps to increase their own confidence by:</p> <ul style="list-style-type: none"> • Exploring what self-esteem is and identify how to improve low self-esteem • Exploring what confidence is and how to improve and maintain confidence • Exploring appropriate tools to support our confidence and self-esteem. 	<p>This course is suitable for anyone who wants to learn how to be more confident.</p>
Creative writing Online	5 weeks-2 hours per session	<p>Whether creating a short story, piece of poetry or keeping a journal, creative writing can help us gain perspective about our</p>	<p>Designed for writers of all abilities, join us on this course if you would like to</p>

		<p>reflective thoughts, improve self-realisation and process emotions.</p> <p>For those with an active imagination and flair for creativity, this 5-week Creative workshop is a way to build positive wellbeing and it's a lot of fun.</p>	<p>expand your creative skills in a fun informal setting.</p>