

Autumn Program 2024

March					
No ^o	Date	Day	Time	Session	Location
1	06/03/24	Wednesday	9:30am - 11:00am	Exploring Depression	Recovery College Glenorchy
2			1:00pm - 2:30pm	Exploring Depression	Peacock Centre
3			3:30pm - 4:30pm	Self-care	Peacock Centre
4	07/03/24	Thursday	9:30am - 10:30am	Mind Pictures	Wilfred Lopes Centre
5			1:00pm - 2:30pm	Mind Pictures	Recovery College Glenorchy
6			3:30pm - 4:30pm	Self-care	Recovery College Glenorchy
7	13/03/24	Wednesday	9:30am - 11:00am	Exploring Schizophrenia	Recovery College Glenorchy
8			1:00pm - 2:30pm	Exploring Schizophrenia	Peacock Centre
9			3:30pm - 4:30pm	Self-care	Peacock Centre
10	14/03/24	Thursday	9:30am - 10:30am	Mind Picture	Wilfred Lopes Centre
11			1:00pm - 2:30pm	Mind Pictures	Recovery College Glenorchy
12			3:30pm - 4:30pm	Self-care	Recovery College Glenorchy
13	20/03/24	Wednesday	9:30am - 11:00am	Exploring Anxiety	Recovery College Glenorchy
14			1:00pm - 2:30pm	Exploring Anxiety	Peacock Centre
15			3:30pm - 4:30pm	Self-care	Peacock Centre
16	21/03/24	Thursday	9:30am - 10:30am	Mind Pictures	Wilfred Lopes Centre
17			1:00pm - 2:30pm	Mind Pictures	Recovery College Glenorchy
18			3:30pm - 4:30pm	Self-care	Recovery College Glenorchy
19	27/03/24	Wednesday	9:30am - 11:00am	Exploring Bipolar	Recovery College Glenorchy
20			1:00pm - 2:30pm	Exploring Bipolar	Peacock Centre
21			3:30pm - 4:30pm	Food & Mood	Peacock Centre
22	28/03/24	Thursday	9:30am - 10:30am	Food & Mood	Wilfred Lopes Centre
23			1:00pm - 2:30pm	Mind Pictures	Recovery College Glenorchy
24			3:30pm - 4:30pm	Self-care	Recovery College Glenorchy

April					
No ^o	Date	Day	Time	Session	Location
25	03/04/24	Wednesday	9:30am - 11:00am	Exploring Personal Boundaries	Recovery College Glenorchy
26			1:00pm - 2:30pm	Exploring Personal Boundaries	Peacock Centre
27			3:30pm - 4:30pm	Self-care	Peacock Centre
28	04/04/24	Thursday	9:30am - 10:30am	Mind Pictures	Wilfred Lopes Centre
29			1:00pm - 2:30pm	Mind Pictures	Recovery College Glenorchy
30			3:30pm - 4:30pm	Self-care	Recovery College Glenorchy
31	10/04/24	Wednesday	9:30am - 11:00am	Nurturing Self-worth Through Creativity	Recovery College Glenorchy
32			1:00pm - 2:30pm	Nurturing Self-worth Through Creativity	Peacock Centre
33			3:30pm - 4:30pm	Food & Mood	Peacock Centre
34	11/04/24	Thursday	9:30am - 10:30am	Mind Pictures	Wilfred Lopes Centre
35			1:00pm - 2:30pm	Mind Pictures	Recovery College Glenorchy
36			3:30pm - 4:30pm	Hope & Possibilities	Recovery College Glenorchy

May					
No ^o	Date	Day	Time	Session	Location
37	01/05/24	Wednesday	9:30am - 11:00am	Nurturing Self-worth Through Creativity	Recovery College Glenorchy
38			1:00pm - 2:30pm	Nurturing Self-worth Through Creativity	Peacock Centre
39			3:30pm - 4:30pm	Hope & Possibilities	Peacock Centre
40	02/05/24	Thursday	9:30am - 10:30am	Mind Pictures	Wilfred Lopes Centre
41			1:00pm - 2:30pm	Mind Pictures	Recovery College Glenorchy
42			3:30pm - 4:30pm	Hope & Possibilities	Recovery College Glenorchy
43	08/05/24	Wednesday	9:30am - 11:00am	Nurturing Self-worth Through Creativity	Recovery College Glenorchy
44			1:00pm - 2:30pm	Trauma & Hope Introduction	Peacock Centre
45	09/05/24	Thursday	9:30am - 10:30am	Food & Mood	Wilfred Lopes Centre
46			1:00pm - 2:30pm	Mind Pictures	Recovery College Glenorchy
47			3:30pm - 4:30pm	Hope & Possibilities	Recovery College Glenorchy
48	15/05/24	Wednesday	9:30am - 11:00am	Nurturing Self-worth Through Creativity	Recovery College Glenorchy
49			1:00pm - 2:30pm	Trauma & Hope Chronic Pain	Peacock Centre
50	16/05/24	Thursday	9:30am - 10:30am	Mind Pictures	Wilfred Lopes Centre
51			1:00pm - 2:30pm	Mind Pictures	Recovery College Glenorchy
52			3:30pm - 4:30pm	Hope & Possibilities	Recovery College Glenorchy
53	22/05/24	Wednesday	9:30am - 10:30am	Food & Mood	Recovery College Glenorchy
54			1:00pm - 2:30pm	Trauma & Hope Alcohol & Other Drugs	Peacock Centre
55	23/05/24	Thursday	9:30am - 10:30am	Mind Pictures	Wilfred Lopes Centre
56			1:00pm - 2:30pm	Mind Pictures	Recovery College Glenorchy
57			3:30pm - 4:30pm	Food & Mood	Recovery College Glenorchy
58	29/05/24	Wednesday	9:30am - 10:30am	Hope & Possibilities	Recovery College Glenorchy
59			1:00pm - 2:30pm	Trauma & Hope Grief and Loss	Peacock Centre
60	30/05/24	Thursday	9:30am - 10:30am	Mind Pictures	Wilfred Lopes Centre
61			1:00pm - 2:30pm	Mind Pictures	Recovery College Glenorchy
62			3:30pm - 4:30pm	Hope & Possibilities	Recovery College Glenorchy

Informative Sessions | What is Recovery College?

Date	Day	Session	Online Session
08/03/24	Friday	9:30am - 10:00am	
15/03/24	Friday	4:00pm - 4:30pm	
22/03/24	Friday	9:30am - 10:00am	
08/03/24	Friday	4:00pm - 4:30pm	
15/03/24	Friday	9:30am - 10:00am	
22/03/24	Friday	4:00pm - 4:30pm	
05/04/24	Friday	9:30am - 10:00am	
03/05/24	Friday	4:00pm - 4:30pm	
17/05/24	Friday	9:30am - 10:00am	
24/05/24	Friday	4:00pm - 4:30pm	