

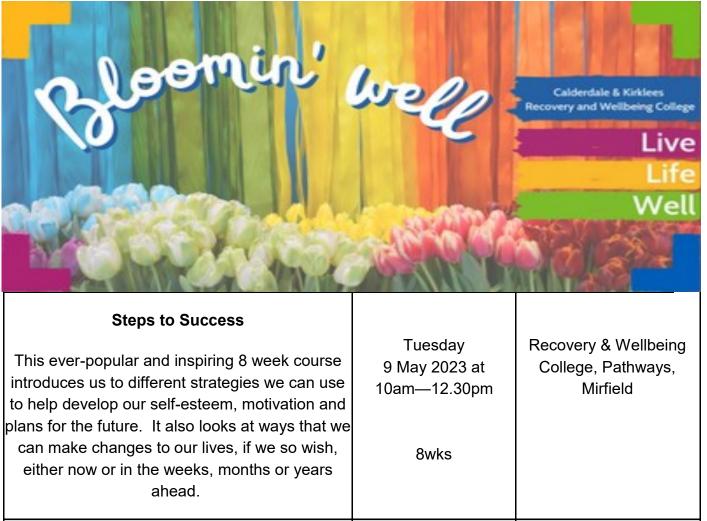
Managing Stress This one-off learning seminar will help you develop your knowledge and awareness of stress, how stress affects you and most importantly what you can do to manage it.	Tuesday 11 April 2023 12:30pm – 2.30pm 1 week	Online
Weight Off Your Mind In this supportive one-off online workshop, Caroline from Kirklees Success Centre will help you to understand why we may sometimes turn to binge eating, and eating for comfort, when facing challenging emotions.	Monday 17 April 2023 6.30pm — 8.30pm 1 week	Online
Mindfulness Mindfulness is a life skill we can all learn. It involves the ability to become aware of what is happening in the present moment, rather than being on automatic pilot, without worrying or judging. Together, we will explore the various tools and techniques used, to gain a better understanding of mindfulness and its purpose.	Wednesday 8 March 2023 10am — 12pm 8 weeks	Online

Already enrolled with the College? If so just give us a call on 07717 867911 or email us at: CKrecovery.wellbeing@swyt.nhs.uk New to the College?

You can enrol and see our full list of courses on our website: www.calderdalekirkleesrc.nhs.uk

Bang Writing	brele	Calderdale & Kirklees Recovery and Weilbeing College Live Life Well
Over 13 weeks we will explore the basics of song writing and you will have the opportunity to create and play music in a group setting. This course is open to anyone who would like to have a go at writing and performing a song, whether you are a complete beginner, or already have some musical abilities and would like to exercise these.	Thursday 20 April 2023 at 12.30pm—2.30pm 13wks	Recovery & Wellbeing College, Pathways, Mirfield
Dare to Dream This inspiring 7 week course will help you to consider the next steps in your own personal journey. You will discover how to set your own individual goals, identify any barriers and learn how to overcome these. We will work together to develop ways to achieve our ambitions, which may relate to employment, volunteering or learning opportunities.	Friday 21 April 2023 at 10am—1pm 7wks	Recovery & Wellbeing College, Pathways, Mirfield
Quiet the Mind: the practice of meditation Over 4 weeks, we will learn some of the history and facts about meditation, the benefits of meditation, and how this practice can help us live in the present moment and experience comfort and stillness. We will be learning how to meditate using a variety of techniques, and as a group we will discuss "The Power of Now".	Tuesday 2 May 2023 at 1.30pm—3pm AND Wednesday 7 June 2023 at 1.30pm—3pm 4wks	Recovery & Wellbeing College, Hope Street, Halifax AND Recovery & Wellbeing College, Pathways, Mirfield

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Self Care for Carers

This useful and informative 4 week course will help you, as a carer to reflect on your role, discover your rights and where you can get support. Together we will discuss, what selfcare is and learn some helpful self-care practices and how we can incorporate these into our busy lives.

Food & Household Budgeting

This brand new, 2 week course looks at how we can make the most out of our money when doing our food shopping. We will also learn ways to make our household budget go further. We will share hints and tips to save energy and discover organisations who can provide support to anyone struggling with money issues.

Tuesday 6 June 2023 at 1pm—3pm

Recovery & Wellbeing College, Pathways, Mirfield

Recovery & Wellbeing College, Pathways,

Mirfield

Wednesday

10 May 2023 at

1pm —3pm

4wks

2wks

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Calderdale & Kirklees Recovery and Wellbeing College

Live

Managing Depression This workshop aims to help you understand depression, how it affects you and how you can start to feel better. This learning seminar is full of tips techniques for lifting your mood and breaking the vicious cycle of depression.	Tuesday 13 June 2023 at 12.30—2.30pm One off workshop	Online
Rooting into Place Over 4 weeks we will explore what it means to connect to a place – and ourselves. Through stories, folklore, art, foraging and a variety of other means we hope to create a sense of belonging with the place we call home. You will learn about myths and folklore, identify locally grown plants and their uses and beneficial qualities, will make your own inks and paints using natural resources and use these to create your own colourful, expressive story through mark making and mindful drawing activities.	Monday 26 June 2023 at 10.30am—12.30pm 4wks	Recovery & Wellbeing College, Pathways, Mirfield
Autism Awareness This workshop looks at the life and experiences of someone living with a diagnosis on the autistic spectrum and the fascinating insight of others looking outside in. Throughout the session we will explore the characteristics of Autism and the various ways that it may affect an individual.	One-off workshop	Recovery & Wellbeing College, Pathways, Mirfield

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