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| <p style="text-align: center;">Managing Stress</p> <p>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.</p> | <p style="text-align: center;">Tuesday 11 April 2023 12:30pm – 2.30pm</p> <p style="text-align: center;">1 week</p> | <p style="text-align: center;">Online</p> |
| <p style="text-align: center;">Weight Off Your Mind</p> <p>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.</p> | <p style="text-align: center;">Monday 17 April 2023 6.30pm — 8.30pm</p> <p style="text-align: center;">1 week</p> | <p style="text-align: center;">Online</p> |
| <p style="text-align: center;">Mindfulness</p> <p>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.</p> | <p style="text-align: center;">Wednesday 8 March 2023 10am — 12pm</p> <p style="text-align: center;">8 weeks</p> | <p style="text-align: center;">Online</p> |

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| <p style="text-align: center;">Song Writing</p> <p>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.</p> | <p style="text-align: center;">Thursday 20 April 2023 at 12.30pm—2.30pm</p> <p style="text-align: center;">13wks</p> | <p style="text-align: center;">Recovery & Wellbeing College, Pathways, Mirfield</p> |
| <p style="text-align: center;">Dare to Dream</p> <p>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.</p> | <p style="text-align: center;">Friday 21 April 2023 at 10am—1pm</p> <p style="text-align: center;">7wks</p> | <p style="text-align: center;">Recovery & Wellbeing College, Pathways, Mirfield</p> |
| <p style="text-align: center;">Quiet the Mind: the practice of meditation</p> <p>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”.</p> | <p style="text-align: center;">Tuesday 2 May 2023 at 1.30pm—3pm AND Wednesday 7 June 2023 at 1.30pm—3pm</p> <p style="text-align: center;">4wks</p> | <p style="text-align: center;">Recovery & Wellbeing College, Hope Street, Halifax AND Recovery & Wellbeing College, Pathways, Mirfield</p> |

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| <p style="text-align: center;">Steps to Success</p> <p>This ever-popular and inspiring 8 week course introduces us to different strategies we can use to help develop our self-esteem, motivation and plans for the future. It also looks at ways that we can make changes to our lives, if we so wish, either now or in the weeks, months or years ahead.</p> | <p style="text-align: center;">Tuesday 9 May 2023 at 10am—12.30pm</p> <p style="text-align: center;">8wks</p> | <p style="text-align: center;">Recovery & Wellbeing College, Pathways, Mirfield</p> |
| <p style="text-align: center;">Self Care for Carers</p> <p>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 self-care is and learn some helpful self-care practices and how we can incorporate these into our busy lives.</p> | <p style="text-align: center;">Wednesday 10 May 2023 at 1pm —3pm</p> <p style="text-align: center;">4wks</p> | <p style="text-align: center;">Recovery & Wellbeing College, Pathways, Mirfield</p> |
| <p style="text-align: center;">Food & Household Budgeting</p> <p>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.</p> | <p style="text-align: center;">Tuesday 6 June 2023 at 1pm—3pm</p> <p style="text-align: center;">2wks</p> | <p style="text-align: center;">Recovery & Wellbeing College, Pathways, Mirfield</p> |

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| <p style="text-align: center;">Managing Depression</p> <p>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.</p> | <p style="text-align: center;">Tuesday 13 June 2023 at 12.30—2.30pm</p> <p style="text-align: center;">One off workshop</p> | <p style="text-align: center;">Online</p> |
| <p style="text-align: center;">Rooting into Place</p> <p>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.</p> | <p style="text-align: center;">Monday 26 June 2023 at 10.30am—12.30pm</p> <p style="text-align: center;">4wks</p> | <p style="text-align: center;">Recovery & Wellbeing College, Pathways, Mirfield</p> |
| <p style="text-align: center;">Autism Awareness</p> <p>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.</p> | <p style="text-align: center;">Monday 3 July 2023 at 10.30am—12.30pm</p> <p style="text-align: center;">One-off workshop</p> | <p style="text-align: center;">Recovery & Wellbeing College, Pathways, Mirfield</p> |

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