

**SPRING/SUMMER TERM 2018**



**REGARI  
RECOVERY  
COLLEGE**



**EMBRACING MENTAL WELLNESS THROUGH  
HOPE, CONTROL, AND OPPORTUNITY**



<b>Roscommon, Property Registration Authority, Golf Links Road</b>	<b>Dates</b>	<b>Time</b>
Registration and information (THE LODGE)	Thurs/Fri 03 <sup>th</sup> /4 <sup>th</sup> May	2-5pm
Let's WRAP - A Wellness Toolkit	Thursday 10 <sup>th</sup> May	2-5pm
Services Available	Thursday 17 <sup>th</sup> May	2-5pm
Addiction and Mental Health	Thursday 7 <sup>th</sup> June	2-5pm
Nutrition and Wellness 1	Thursday 21 <sup>st</sup> June	2-5pm
Nutrition and Wellness 2	Thursday 5 <sup>th</sup> July	2-5pm
Nutrition and Wellness 3	Thursday 19 <sup>th</sup> July	2-5pm
Taking Control/Stress Management (THE LODGE)	Thursday 26 <sup>th</sup> July	10-4pm
Certificate Presentation	Friday 27 <sup>th</sup> July	2-5pm

<b>Ballinasloe, Family Centre, Brackernagh</b>	<b>Dates</b>	<b>Times</b>
Registration and Information	Wednesday 9th May	2-5 pm
Let's Wrap – A Wellness Toolkit	Wednesday 23 <sup>rd</sup> May	2-5pm
Exploring Stigma	Wednesday 30 <sup>th</sup> May	2-5pm
Psychosis and Beyond	Wednesday 13 <sup>th</sup> June	2-5pm
Addiction and Mental Health	Wednesday 27 <sup>th</sup> June	2-5pm
Anxiety and Panic Attacks	Wednesday 18 <sup>th</sup> July	2-5pm
Certificate Presentation	Wednesday 25 <sup>th</sup> July	2-5pm

<b>Athlone, AIT ROOM D03</b>	<b>Dates</b>	<b>Time</b>
Registration and Information (AIT CANTEEN)	Tuesday 1 <sup>st</sup> May	1-4pm / 6-9pm
Let's Wrap – A Wellness Toolkit	Tuesday 15 <sup>th</sup> May	6-9pm
Exploring Stigma	Tuesday 22 <sup>nd</sup> May	6-9pm
Assertiveness/Confidence Building	Tuesday 5 <sup>th</sup> June	6-9pm
Introduction to CBT (Talk Therapies)	Tuesday 19 <sup>th</sup> June	6-9pm
Addiction and Mental Health	Tuesday 10 <sup>th</sup> July	6-9pm
Certificate Presentation	Tuesday 24 <sup>th</sup> July	6-9pm

Please see calendar at the last part of booklet

Contact details: Amanda Hunt and Chloe Costello on 086 130 4869 or  
regarirecoverycollege@gmail.com

## Welcome note from Amanda and Chloe

### -Peer Educators

We would like to welcome everybody to the REGARI Recovery college Spring/Summer Semester 2018.

Registration and information days will be held at our three current locations in AIT, Ballinasloe, and Roscommon. Please see timetable on opposite page for times and dates.

If you can not attend these days please feel free to contact us directly.

We welcome all new and returning students. Anybody with an interest in mental health and wellness can attend our courses and we hope you will find that this semesters sessions are of interest to you.

We are looking forward to meeting you soon.

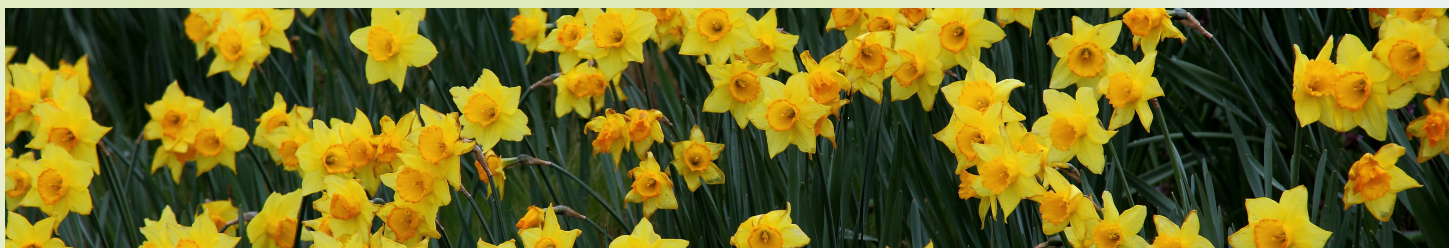
*Chloe and Amanda*



REGARI Recovery College is a community based initiative that will empower you to become an expert in your own self-care and enhance skills and confidence to manage your own recovery through education in mental health and wellbeing.



- ◆ To promote social inclusion and community involvement.
- ◆ To develop and deliver modules through working in partnership with people with lived experience of mental health challenges, family members, carers, people working in mental health and others.
- ◆ To make these modules available throughout Roscommon and East Galway.
- ◆ To promote a culture of change to ensure an environment of **Hope, Control and Opportunity**.





# SPRING/SUMMER MODULES

## **LET'S WRAP: Wellness Recovery Action Plan**

WRAP is a wellness resource that all can use to develop their own plan for working in a way that supports wellness and recovery. In this introductory session we will discuss a simple system which could help you identify triggers, early warning signs, self care and a crisis planning to help you stay or get back on track, to become more resourceful on life's Journey and to improve your overall quality of life.

*There is always a way.*



## **Wellness Services (Local)**

This module was put together on the request of previous students. Sometimes it can be difficult to know what services are available in your locality. Throughout this session we hope to gain an insight into what some of these services such as Vita House, APSI, Roscommon Leader Partnership and Shine provide, and we also hope to make you aware of some activities and events that are currently running in your local area which will include little taster sessions. Should be fun!

## **Addiction and Mental Health**

Is there a connection between addiction and mental health? In this module we will explore what it means to have a dual diagnosis. Can the detection of dual diagnosis prevent incidences of relapse as the two can sometimes be treated in isolation for various reasons? This course will look at dual diagnosis and recovery and the importance of addressing needs holistically. Let's explore this important topic!

## **Nutrition and Wellness 1, 2 & 3**

The aim of these sessions is to inform and empower you to make healthier eating choices for yourself and your family to benefit both physical and mental health. These nutrition modules are designed to be informative, interactive, empowering, fun and include practical demonstrations.

## **Taking Control**

This workshop will look to practical ways to manage and maintain your physical and mental health by drawing on and developing skills. This module will look at stress and wellness tools that you can use to help you carve a path to where you want to be in your life. We will also look at resilience and mapping the steps needed to reach your goals.



## **Exploring Stigma**

In this module we will look at steps we can take to reduce and overcome stigma. We will explore ways to talk about mental illness as language is a powerful tool. In this module we will look to points of hope for recovery, whether that be as a service user, a family member, a carer, or a passionate person willing to bring about some positive changes in our society.



## **Assertiveness and Confidence**

Assertiveness is something that can provide you with a sense of purpose and control over your life and circumstances. Learning to become more assertive can help enhance self-esteem and self-confidence. Furthermore, it tends to decrease feelings of anxiety typically experienced in social situations. We will explore methods of improving our assertiveness and confidence skills. With less anxiety and more self-confidence, you will feel more self-assured helping to improve both your personal and professional relationships.

## **Introduction to CBT (Talk Therapies)**

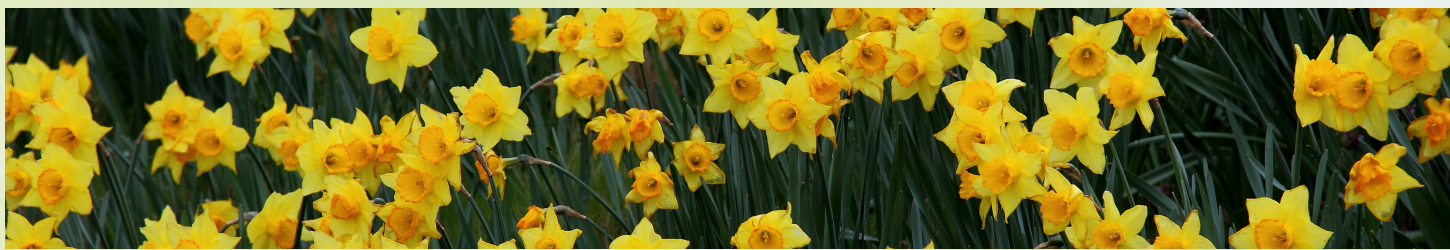
Cognitive Behavioural Therapy (CBT) is a popular, evidence-based, form of psychological therapy. One of the basic messages of CBT is that what you think and do affects the way you feel and vice versa. Importantly, CBT is a collaborative form of therapy which requires active participation. In this module we will look at some of the basic principles and techniques of Cognitive Behavioural Therapy (CBT). This course will explain what cognitive behavioural therapy (CBT) is, what it is for, what it can help with and its benefits.

## **Psychosis and Beyond**

In this module we will look at Psychosis and its various forms. We will explore and demystify the reality for people living with Psychosis and other related illnesses. An important part of this will be the conversation around the language we use as we recognise that the labels, names, conditions that people relate to (or not) is very individual. We will explore this topic in a safe and understanding environment while looking at the different associated theories, treatments, and therapies.

## **Anxiety and Panic Attacks**

Anxiety is a very common and often debilitating part of so many lives. This module consistently proves to be one of our most popular and this term we have expanded the session to also incorporate an understanding of panic attacks. We will explore what it is that is happening within our bodies when experiencing anxiety and panic attacks and identify some useful coping strategies.







<u>ATHLONE</u>	<u>BALLINASLOE</u>	<u>ROSCOMMON</u>
<b>Tuesday 6-9PM</b>	<b>Wednesday 2-5PM</b>	<b>Thursday 2-5PM</b>
<b>1<sup>st</sup> May (1-4pm/6-9pm) Registration and Information (AIT CANTEEN)</b>	<b>9<sup>th</sup> May Registration and Information</b>	<b>3<sup>rd</sup>/4<sup>th</sup> May Registration and Information (THE LODGE)</b>
		<b>10<sup>th</sup> May Let's WRAP A Wellness Toolkit</b>
<b>15<sup>th</sup> May Let's WRAP</b>		<b>17<sup>th</sup> May Services (Local)</b>
<b>22<sup>nd</sup> May Exploring Stigma</b>	<b>23<sup>rd</sup> May Let's WRAP A Wellness Toolkit</b>	
	<b>30<sup>th</sup> May Exploring Stigma</b>	
<b>5<sup>th</sup> June Assertiveness/ Confidence Building</b>		<b>7<sup>th</sup> June Addiction and Mental Health</b>
	<b>13<sup>th</sup> June Psychosis and Beyond</b>	
<b>19<sup>th</sup> June Introduction to CBT (Talk Thera- pies)</b>		<b>21<sup>st</sup> June Nutrition and Wellness 1</b>
	<b>27<sup>TH</sup> June Addiction and Mental Health</b>	
		<b>5<sup>th</sup> July Nutrition and Wellness 2</b>
<b>10<sup>th</sup> July Addiction &amp; Mental Health</b>		
	<b>18<sup>th</sup> July Anxiety and Panic Attacks</b>	<b>19<sup>th</sup> July Nutrition and Wellness 3</b>
<b>24<sup>th</sup> July Certificate Presentation</b>	<b>25<sup>th</sup> July Certificate Presentation</b>	<b>26<sup>th</sup> July Taking Back Control 10am-4pm (The Lodge)</b>
		<b>Friday 27<sup>th</sup> July Certificate Presentation</b>





Registration is Mandatory and costs €5 for the Term.

Once paid,

**ALL COURSES ARE FREE!**

**VENUES:**

**Athlone Institute of Technology, Room D03, Dublin Road, Athlone**

**Ballinasloe/Clonfert Family Centre, Brackernagh, Ballinasloe**

**Property Registration Authority, Golf Links Road, Roscommon**







## Contact Details

Amanda & Chloe

Peer Educators

REGARI Recovery College

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Regari Recovery College



@regaric

Our Partners Include:



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

