



# SPRING/ SUMMER TERM 2018

<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 9 <sup>th</sup> 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

\*Registration fee of €5. Modules are then free to attend. For more information please contact Peer Educators Chloe and Amanda at: [0861304869](tel:0861304869) or Email: [regarirecoverycollege@gmail.com](mailto:regarirecoverycollege@gmail.com)