



Allerdale | Copeland | Carlisle | Eden

Recovery College Timetable July 2022 - ALLERDALE

Please click on the course name to enrol on any of the courses offered below.

Course descriptions and information are at the end of the document.

If you prefer to enrol by phone please call 0808 196 1773 during working hours or send us an email to request a call back using hello@ncrecoverycollege.org

Recovery College Timetable – July 2022 - ALLERDALE

Week 1	Monday 4th	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th	Saturday 9th
	<p style="text-align: center;">ALLERDALE <u>Decider Life Skills</u> (6 of 6) @The Hive, Workington 11:00am-12:00pm</p> <p style="text-align: center;"><u>Emotional Resilience</u> (6 of 6) @The Hive, Workington 12:00pm-1:00pm</p> <p style="text-align: center;"><u>Singing for fun</u> (5 of 6) @The Hive, Workington 1.30pm-3:00pm</p>		<p style="text-align: center;">ALLERDALE <u>Women's Group</u> @The Hive, Workington 10:00am-11:00am</p> <p style="text-align: center;"><u>Men's Group</u> @The Hive, Workington 6:00pm-7:30pm</p>	<p style="text-align: center;">ALLERDALE <u>Assertiveness</u> (5 of 6) @The Hive, Workington 10:00am-11:00am</p> <p style="text-align: center;"><u>Drawing and Talking</u> (5 of 6) @The Hive, Workington 11:00am-12:00pm</p> <p style="text-align: center;"><u>Mind and Body Wellbeing</u> <u>Fitness</u> @Together Gym 5:00pm-5:30pm</p>		

Recovery College Timetable – July 2022 - ALLERDALE

Week 2	Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th	Saturday 16th
	<p>ALLERDALE Decider Life Skills (1 of 6) @The Hive, Workington 11:00am-12:00pm</p> <p>Wellness Recovery Action Planning (1 of 6) @The Hive, Workington 12:00pm-1:00pm</p>		<p>ALLERDALE Women's Group @The Hive, Workington 10:00am-11:00am</p> <p>Men's Group @The Hive, Workington 6:00pm-7:30pm</p>	<p>ALLERDALE Assertiveness (6 of 6) @The Hive, Workington 10:00am-11:00am</p> <p>Drawing and Talking (6 of 6) @The Hive, Workington 11:00am-12:00pm</p> <p>Mind and Body Wellbeing Fitness @Together Gym 5:00pm-5:30pm</p>		<p>ALLERDALE Preparing for Therapy @Online and @The Hive, Workington 10:00am-11:00am</p>

Recovery College Timetable – July 2022 - ALLERDALE

Week 3	Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd	Saturday 23rd
	<p>ALLERDALE Decider Life Skills (2 of 6) @The Hive, Workington 11:00am-12:00pm</p> <p>Wellness Recovery Action Planning (2 of 6) @The Hive, Workington 12:00pm-1:00pm</p> <p>Singing for fun (6 of 6) @The Hive, Workington 1.30pm-3:00pm</p>		<p>ALLERDALE Women's Group @The Hive, Workington 10:00am-11:00am</p> <p>Men's Group @The Hive, Workington 6:00pm-7:30pm</p>	<p>ALLERDALE Assertiveness (1 of 6) @The Hive, Workington 10:00am-11:00am</p> <p>Drawing and Talking (1 of 6) @The Hive, Workington 11:00am-12:00pm</p> <p>Mind and Body Wellbeing Fitness @Together Gym 5:00pm-5:30pm</p>		

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Week 4	Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th	Saturday 30th
	<p>ALLERDALE <u>Decider Life Skills</u> (3 of 6) @The Hive, Workington 11:00am-12:00pm</p> <p><u>Wellness Recovery Action Planning</u> (3 of 6) @The Hive, Workington 12:00pm-1:00pm</p>		<p>ALLERDALE <u>Women's Group</u> @The Hive, Workington 10:00am-11:00am</p> <p><u>Men's Group</u> @The Hive, Workington 6:00pm-7:30pm</p>	<p>ALLERDALE <u>Assertiveness</u> (2 of 6) @The Hive, Workington 10:00am-11:00am</p> <p><u>Drawing and Talking</u> (2 of 6) @The Hive, Workington 11:00am-12:00pm</p> <p><u>Mind and Body Wellbeing Fitness</u> @Together Gym 5:00pm-5:30pm</p>		<p>ALLERDALE <u>Preparing for Therapy</u> @Online and @The Hive, Workington 10:00am-11:00am</p>