



Allerdale | Copeland | Carlisle | Eden

Recovery College Timetable July 2022 - **CARLISLE**

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 - **CARLISLE**

Week 1	Monday 4th	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th	Saturday 9th
		<p style="text-align: center;">CARLISLE</p> <p><u>Cuppa and a Chat</u> @The Lookout, Carlisle 11:00am-12:00pm</p> <p><u>Decider Life Skills</u> (3 of 6) @The Lookout, Carlisle 12:30pm-1:30pm</p> <p><u>Managing Stress & Worry</u> (3 of 6) @The Lookout, Carlisle 2:00pm-3:00pm</p> <p><u>Cuppa and a Chat</u> @The Lookout, Carlisle 3:00pm-4:30pm</p> <p><u>Offload (Men's Group)</u> @The Lookout, Carlisle 5:00pm-6:30pm</p>				

Recovery College Timetable – July 2022 - **CARLISLE**

Week 2	Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th	Saturday 16th
		<p style="text-align: center;">CARLISLE</p> <p style="text-align: center;"><u>Sling Meeting</u> @The Lookout, Carlisle 10:00am-12:00pm</p> <p style="text-align: center;"><u>Decider Life Skills</u> (4 of 6) @The Lookout, Carlisle 12:30pm-1:30pm</p> <p style="text-align: center;"><u>Managing Stress & Worry</u> (4 of 6) @The Lookout, Carlisle 2:00pm-3:00pm</p> <p style="text-align: center;"><u>Cuppa and a Chat</u> @The Lookout, Carlisle 3:00pm-4:30pm</p> <p style="text-align: center;"><u>Offload (Men's Group)</u> @The Lookout, Carlisle 5:00pm-6:30pm</p>				

Recovery College Timetable – July 2022 - **CARLISLE**

Week 3	Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd	Saturday 23rd
		<p style="text-align: center;">CARLISLE</p> <p><u>Cuppa and a Chat</u> @The Lookout, Carlisle 11:00am-12:00pm</p> <p><u>Decider Life Skills</u> (5 of 6) @The Lookout, Carlisle 12:30pm-1:30pm</p> <p><u>Managing Stress & Worry</u> (5 of 6) @The Lookout, Carlisle 2:00pm-3:00pm</p> <p><u>Cuppa and a Chat</u> @The Lookout, Carlisle 3:00pm-4:30pm</p> <p><u>Offload (Men's Group)</u> @The Lookout, Carlisle 5:00pm-6:30pm</p>				

Recovery College Timetable – July 2022 - **CARLISLE**

Week 4	Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th	Saturday 30th
		<p style="text-align: center;">CARLISLE</p> <p><u>Cuppa and a Chat</u> @The Lookout, Carlisle 11:00am-12:00pm</p> <p><u>Decider Life Skills</u> (6 of 6) @The Lookout, Carlisle 12:30pm-1:30pm</p> <p><u>Managing Stress & Worry</u> (6 of 6) @The Lookout, Carlisle 2:00pm-3:00pm</p> <p><u>Cuppa and a Chat</u> @The Lookout, Carlisle 3:00pm-4:30pm</p> <p><u>Offload (Men's Group)</u> @The Lookout, Carlisle 5:00pm-6:30pm</p>				