



Allerdale | Copeland | Carlisle | Eden

Recovery College Timetable July 2022 - **COPELAND**

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 - COPELAND

| Week 1 | Monday 4th | Tuesday 5th | Wednesday 6th | Thursday 7th | Friday 8th | Saturday 9th |
|--------|---|---|---|--------------|------------|--------------|
| | <p style="text-align: center;">COPELAND</p> <p><u>Weight Management / Fitness Group</u> (5 of 12) @ Mirehouse Community Centre 6:00pm-7:00pm</p> | <p style="text-align: center;">COPELAND</p> <p><u>Decider Life Skills</u> (3 of 6) @Online and The De Lucy Centre 10:00am-11:00am</p> <p><u>Wellness Recovery Action Planning</u> (3 of 6) @The De Lucy Centre 11:00am - 12:00am</p> <p><u>Together We Grow</u> @The De Lucy Centre 11:00am - 1:00pm</p> <p><u>Hearing Voices Group</u> @Online and @The De Lucy, Egremont 6:45pm-7:45pm</p> | <p style="text-align: center;">COPELAND</p> <p><u>Weight Management / Fitness group</u> (5 of 7) @ Mirehouse Community Centre 9:30am-10:30am</p> | | | |

Recovery College Timetable – July 2022 - COPELAND

| Week 2 | Monday 11th | Tuesday 12th | Wednesday 13th | Thursday 14th | Friday 15th | Saturday 16th |
|--------|--|--|--|---------------|-------------|---------------|
| | <p>COPELAND <u>Weight Management / Fitness Group</u> (6 of 12) @ Mirehouse Community Centre 6:00pm-7:00pm</p> | <p>COPELAND <u>Decider Life Skills</u> (4 of 6) @The De Lucy Centre 10:00am-11:00am</p> <p><u>Wellness Recovery Action Planning</u> (4 of 6) @The De Lucy Centre 11:00am - 12:00am</p> <p><u>Together We Grow</u> @The De Lucy Centre 11:00am - 1:00pm</p> | <p>COPELAND <u>Weight Management / Fitness group</u> (6 of 7) @ Mirehouse Community Centre 9:30am-10:30am</p> | | | |

Recovery College Timetable – July 2022 - COPELAND

| Week 3 | Monday 18th | Tuesday 19th | Wednesday 20th | Thursday 21st | Friday 22nd | Saturday 23rd |
|--------|--|--|--|---------------|-------------|---------------|
| | <p>COPELAND <u>Weight Management / Fitness Group</u> (7 of 12) @ Mirehouse Community Centre 6:00pm-7:00pm</p> | <p>COPELAND <u>Decider Life Skills</u> (5 of 6) @The De Lucy Centre 10:00am-11:00am</p> <p><u>Wellness Recovery Action Planning</u> (5 of 6) @The De Lucy Centre 11:00am - 12:00am</p> <p><u>Hearing Voices Group</u> @Online and The De Lucy, Egremont 6:45pm-7:45pm</p> | <p>COPELAND <u>Weight Management / Fitness group</u> (7 of 7) @ Mirehouse Community Centre 9:30am-10:30am</p> <p><u>Singing for Fun</u> @The De Lucy Centre 6:30pm-8:00pm</p> | | | |

Recovery College Timetable – July 2022 - COPELAND

| Week 4 | Monday 25th | Tuesday 26th | Wednesday 27th | Thursday 28th | Friday 29th | Saturday 30th |
|--------|--|---|----------------|---------------|-------------|---------------|
| | <p style="text-align: center;">COPELAND <u>Weight Management / Fitness Group</u> (8 of 12) @ Mirehouse Community Centre 6:00pm-7:00pm</p> | <p style="text-align: center;">COPELAND <u>Decider Life Skills</u> (6 of 6) @The De Lucy Centre 10:00am-11:00am</p> <p style="text-align: center;"><u>Wellness Recovery Action Planning</u> (6 of 6) @The De Lucy Centre 11:00am - 12:00am</p> <p style="text-align: center;"><u>Together We Grow</u> @The De Lucy Centre 11:00am - 1:00pm</p> | | | | |