



Allerdale | Copeland | Carlisle | Eden

Recovery College Timetable July 2022 - EDEN

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 - EDEN

Week 1	Monday 4th	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p style="text-align: center;">EDEN</p> <p><u>Nurture with Nature / Nature Journaling</u> (4 of 6) @Appleby Library 10:30am-12:30pm</p>	<p style="text-align: center;">EDEN</p> <p><u>Hearing Voices Group</u> @The De Lucy, Egremont 6:45pm-7:45pm</p>	<p style="text-align: center;">EDEN</p> <p><u>Literacy Skills</u> (13 of 13) @Penrith Library 2:00pm - 4:00pm</p>	<p style="text-align: center;">EDEN</p> <p><u>Introduction to Customer Care Level 1</u> (4 of 5) @Eden Foyer 9:30am-11:30am</p> <p><u>Drop in to Enrol</u> @ Penrith Library, Downstairs Meeting Room 12:00pm-1:00pm</p> <p><u>Assertiveness</u> (3 of 6) @ Penrith Library, Downstairs Meeting Room 1:00pm-2:00pm</p> <p><u>Drawing and Talking</u> (1 of 4) @ Penrith Library, Downstairs Meeting Room 2:00pm-3:00pm</p> <p><u>Managing Stress and Worry</u> (1 of 4) @ Penrith Library, Downstairs Meeting Room 3:00pm-4:00pm</p> <p><u>AA+ Craft Day Paint the day away</u> @The Haydock Centre, Penrith 10:00am-3:30pm</p>		

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Week 2	Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th	Saturday 16th
	<p style="text-align: center;">EDEN</p> <p><u>Nurture with Nature / Nature Journaling</u> (5 of 6) @Appleby Library 10:30am-12:30pm</p>			<p style="text-align: center;">EDEN</p> <p><u>Introduction to Customer Care Level 1</u> (5 of 5) @Eden Foyer 9:30am-11:30am</p> <p><u>Drop in to Enrol</u> @ Penrith Library, Downstairs Meeting Room 12:00pm-1:00pm</p> <p><u>Goal Setting</u> (1 of 3) @Eden Foyer 12:30pm-3:30pm</p> <p><u>Assertiveness</u> (4 of 6) @ Penrith Library, Downstairs Meeting Room 1:00pm-2:00pm</p> <p><u>Drawing and Talking</u> (2 of 4) @ Penrith Library, Downstairs Meeting Room 2:00pm-3:00pm</p> <p><u>Managing Stress and Worry</u> (2 of 4) @ Penrith Library, Downstairs Meeting Room 3:00pm-4:00pm</p>		

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Week 3	Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd	Saturday 23rd
	<p style="text-align: center;">EDEN</p> <p><u>Nurture with Nature / Nature Journaling</u> (6 of 6) @Appleby Library 10:30am-12:30pm</p>	<p style="text-align: center;">EDEN</p> <p><u>Hearing Voices Group</u> @The De Lucy, Egremont 6:45pm-7:45pm</p>		<p style="text-align: center;">EDEN</p> <p><u>Drop in to Enrol</u> @ Penrith Library, Downstairs Meeting Room 12:00pm-1:00pm</p> <p><u>Goal Setting</u> (2 of 3) @Eden Foyer 12:30pm-3:30pm</p> <p><u>Assertiveness</u> (5 of 6) @ Penrith Library, Downstairs Meeting Room 1:00pm-2:00pm</p> <p><u>Drawing and Talking</u> (3 of 4) @ Penrith Library, Downstairs Meeting Room 2:00pm-3:00pm</p> <p><u>Managing Stress and Worry</u> (3 of 4) @ Penrith Library, Downstairs Meeting Room 3:00pm-4:00pm</p>		

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Week 4	Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th	Saturday 30th
				<p style="text-align: center;">EDEN</p> <p style="text-align: center;"><u>Drop in to Enrol</u> @ Penrith Library, Downstairs Meeting Room 12:00pm-1:00pm</p> <p style="text-align: center;"><u>Goal Setting</u> (3 of 3) @Eden Foyer 12:30pm-3:30pm</p> <p style="text-align: center;"><u>Assertiveness</u> (6 of 6) @ Penrith Library, Downstairs Meeting Room 1:00pm-2:00pm</p> <p style="text-align: center;"><u>Drawing and Talking</u> (4 of 4) @ Penrith Library, Downstairs Meeting Room 2:00pm-3:00pm</p> <p style="text-align: center;"><u>Managing Stress and Worry</u> (4 of 4) @ Penrith Library, Downstairs Meeting Room 3:00pm-4:00pm</p>		