Galway Recovery College

Online Prospectus for April 2020

During the coronavirus pandemic, we plan to offer recovery education sessions through online videoconferencing using Zoom - see dates below. For students unfamiliar with Zoom and how it works we are offering morning tutorial workshops in using Zoom throughout April. There are only three different workshops (see below) but we will be repeating them to ensure that as many students as possible have the chance to participate. Recovery education sessions will take place at the usual time – 6pm on Mondays and Wednesdays. We would ask that you log on ten minutes before the start of each session so that we can start on time.

Date	11am – 12 noon	6-7.30pm Two-part Recovery Education Modules*
Mon 13 April	Zoom tutorial 1	Keeping well and connected during the pandemic Part 1
Tues 14 April	Zoom tutorial 2	
Wed 15 April	Zoom tutorial 3	Keeping well and connected during the pandemic Part 2
Mon 20 April	Zoom tutorial 1	Coping with anxiety Part 1
Tues 21 April	Zoom tutorial 2	
Wed 22 April	Zoom tutorial 3	Coping with anxiety Part 2
Mon 27 April	Zoom tutorial 1	Self care during times of uncertainty (Part1)
Tues 28 April	Zoom tutorial 2	
Wed 29 April	Zoom tutorial 3	Self-care as a tool for recovery (Part2)

* These are two-part modules rather than repeats of the same session. Students need to participate in both sessions see the full content.

Zoom Tutorial Workshops
Zoom tutorial workshop 1
A basic introduction to using Zoom

Zoom tutorial workshop 2
Getting used to breakout rooms in Zoom for group work

Zoom tutorial workshop 3
Using, saving and retrieving the whiteboard in Zoom for group work

Recovery Education Workshops
Rather than press ahead with our published prospectus, we think that it is more appropriate to focus on the issues that people may be facing because of the coronavirus pandemic. Depending on the feedback we get from students and the duration of the need to remain physically distanced, we will review the prospectus for May to respond to student requirements.

We look forward to seeing you online!