***AUTUMN/WINTER Calendar 2017***

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **M** | **TUESDAYS**  **10pm to 1pm** | **WEDNESDAYS**  **10pm to 1pm** | | **THURSDAYS**  **6pm to 9pm** | **F** | **S** | **S** |
| ***SEPTEMBER 2017*** | | | | | | | |
| **18** | **19**  **Let’s TOP it**  **OCD and Phobias** | | **20**  **Let’s talk about Recovery (1)** | **21**  **Recovery and the family (1)** | **22** | **23** | **24** |
| **25** | **26**  **Introducing the Employability**  **services** | | **27**  **Let’s talk about Recovery (2)** | **28**  **Recovery and the family (2)** | **29** | **30** |  |
| ***OCTOBER 2017*** | | | | | | | **1** |
| **2** | **3**  **Story Telling (1)** | | **4**  **Let’s talk about Recovery (3)** | **5**  **Supporting people with Eating Disorders** | **6** | **7** | **8** |
| **9** | **10**  **Story Telling (2)** | | **11**  **Understanding Self Harm (1)** | **12**  **Living with Depression and beyond (1)** | **13** | **14** | **15** |
| **16** | **17**  **Story Telling (3)** | | **18**  **Understanding Self Harm (2)** | **19**  **Living with Depression and beyond (2)** | **20** | **21** | **22** |
| **23** | **24**  **Story Telling (4)** | | **25**  **Let’s talk about Smoking** | **26**  **The 12 steps demystified** | **27** | **28** | **29** |
| **30** | **31st mid-term break** | |  |  |  |  |  |
| ***NOVEMBER 2017*** | | | | | | | |
|  |  | **1st mid-term break** | | **2nd mid-term break** | **3** | **4** | **5** |
| **6** | **7**  **Living with Psychosis/Schizophrenia and beyond (1)** | **8**  **All Ears**  **- listening skills** | | **9**  **Understanding Suicide (1)** | **10** | **11** | **12** |
| **13** | **14**  **Living with Psychosis/Schizophrenia and beyond (2)** | **15**  **All about Stress (1)** | | **16**  **Understanding Suicide (2)** | **17** | **18** | **19** |
| **20** | **21**  **Hearing Voices** | **22**  **All about Stress (2)** | | **23**  **Self Esteem (1)** | **24** | **25** | **26** |
| **27** | **28**  **Anxiety and Panic Attacks (1)** | **29**  **All about Stress (3)** | | **30**  **Self Esteem (2)** |  |  |  |
| ***DECEMBER 2017*** | | | | | | | |
|  |  |  | |  | **1** | **2** | **3** |
| **4** | **5**  **Anxiety and Panic Attacks (2)** | **6**  **Mental Health and Nutrition** | | **7**  **Recovery and Mindfulness** | **8** | **9** | **10** |
| ***All courses will take place in GMIT, enrolment day is Wednesday September 6th from 9.30am to 6pm, if you miss this day or would like further information please contact***  ***Jutta Kirrkamm on 086 0294 901 or mayorecoverycollege@gmail.com*** | | | | | | | |