

SPRING/SUMMER TERM 2020

Free* Mental Health
and Wellbeing
Workshops



REGARI RECOVERY COLLEGE

**EMBRACING MENTAL WELLNESS THROUGH
HOPE, CONTROL, AND OPPORTUNITY**

Roscommon Roscommon County Library	Dates	Time
Registration and Information (In REGARI Recovery College)	Tuesday 11th February	2-5pm
Emotional Eating	Tuesday 03rd March	2-5pm
Lets Talk About Loss	Tuesday 10th March	2-5pm
Exploring Assertiveness	Tuesday 24th March	2-5pm
Safe Talk (BOOKING ESSENTIAL)	Tuesday 31st March	2-6pm
Getting Back to Work	Tuesday 14th April	2-5pm
Mental Health and The Family	Tuesday 21st April	2-5pm
Diagnosis, Labels and Mental Health	Tuesday 28th April	2-5pm
Certificate Presentation (In REGARI RC)	Tuesday 05th May	2-3pm

Ballinasloe The Family Centre	Dates	Time
Registration and information	Wednesday 12th February	2:15-5:15pm
Intro To CBT	Wednesday 26th February	2:15-5:15pm
Post Traumatic Stress Disorder	Wednesday 11th March	2:15-5:15pm
Psychology of Wellbeing	Wednesday 18th March	2:15-5:15pm
Safe Talk (BOOKING ESSENTIAL)	Wednesday 01st April	2:15-6:15pm
Lets Talk Social Media	Wednesday 08th April	2:15-5:15pm
Mental Health and The Family	Wednesday 15th April	2:15-5:15pm
Living with Depression and Beyond	Wednesday 22nd April	2:15-5:15pm
Certificate Presentation	Wednesday 29th April	2:15-3:15pm

Athlone AIT Room D03	Dates	Times
Registration and Information (In AIT Canteen)	Thursday 06th February	12-3pm
Lets Talk Body Image	Thursday 20th February	6-9pm
Behavioural Addictions	Thursday 27th February	6-9pm
Exploring Domestic Abuse	Thursday 05th March	6-9pm
Safe Talk (BOOKING ESSENTIAL)	Thursday 12th March	5-9pm
Lets Talk Social Media	Thursday 19th March	6-9pm
Living With Trauma	Thursday 26th March	6-9pm
Young People and Mental Health	Thursday 02nd April	6-9pm
Certificate Presentation	Thursday 09th April	6-7pm

Contact details: Amanda Hunt and Chloe Costello on 086 130 4869 or
Email: regarirecoverycollege@gmail.com

Welcome note from Amanda

-Peer Educator



I would like to welcome everybody to the REGARI Recovery College Spring Summer Semester 2020.

Registration and information days will be held at our three locations in AIT, Ballinasloe, and Roscommon. Please see timetable on opposite page for times and dates.

If you can not attend these days please feel free to contact REGARI Recovery College directly.

We welcome all new and returning students. Anybody with an interest in mental health and wellness can attend our courses and we hope you will find that this semester's sessions are of interest to you.

I am looking forward to meeting you soon

Amanda Hunt

VISION

REGARI Recovery College is a community based initiative that will empower you to become an expert in your own self-care and enhance skills and confidence to manage your own wellbeing through education in mental health and wellness.

MISSION

- ◆ To promote social inclusion and community involvement.
- ◆ To develop and deliver modules through working in partnership with people with lived experience of mental health challenges, family members, carers, people working in mental health and others.
- ◆ To ensure these modules are available throughout Roscommon and East Galway.

SPRING/ SUMMER MODULES

Behavioural Addictions

This workshop is an introduction to the various types of behavioural addictions including, gambling, eating, and gaming. We will discuss the signs of an addiction and the treatments available.

Living with Trauma

Trauma is often the result of an overwhelming amount of stress that exceeds one's ability to cope, or integrate the emotions involved with that experience. In this module we will look at some of the symptoms of psychological trauma, healing, recovery tips and treatments available for trauma.

Lets Talk About Loss

In the session we will provide a safe space to talk through taboos and address the reality of losing someone close to you. We will provide information about grief, loss, the grieving process and understanding its impact on a person's life. We will also discuss other types of loss such as physical, relationships, and psychological.



Psychology of Wellbeing

According to Martin Seligman's PERMA model of happiness and wellbeing, there are 5 core elements which can assist people in reaching a fulfilling life. In this session you will learn about these and how to enhance them into your daily life.

Exploring Assertiveness

Assertiveness is something that can provide you with a sense of purpose and control over your life and circumstances. Learning to become more assertive can help enhance self-esteem and self-confidence. In this module we will explore methods of improving our assertiveness and confidence skills. With less anxiety and more self-confidence, you will feel more self-assured helping to improve both your personal and professional relationships.

Exploring Domestic Abuse

Domestic abuse is a pattern of coercive/ threatening, controlling behaviour used by one person over another within a close or intimate relationship. It can include: physical abuse, emotional or psychological abuse, sexual abuse, and financial abuse. This session will identify the different types of abuse, recognise the effects of trauma on your life, and explore a pathway to recovery.

Diagnosis, Labels, and Mental Health

Labels. What defines them as acceptable? What makes them tolerable in our society? A label can be useful, but for mental illness, it can sometimes be demeaning and hurtful. A diagnosis from a professional is also the means to getting the right kind of help. In this session we will look at the pro's and con's of labelling our mental health.

Safe Talk

Safe Talk is an internationally recognised training programme that prepares participants to identify persons with thoughts of suicide and connect them to suicide first aid resources. These specific skills are called suicide alertness and are taught with the expectation that the person learning them will use them to help reduce suicide risk in their communities.

Getting Back to Work

In this session we will explore the various opportunities and pathways available to individuals who are interested in returning to work or education.

Introduction to CBT

Cognitive Behavioural Therapy (CBT) is a popular, evidence-based, form of psychological therapy. One of the basic messages of CBT is that what you think and do affects the way you feel. In this module we will look at some of the basic principles of CBT, and explore how our behaviours can result in unintended consequences.

Lets Talk Body Image

A negative or unhealthy body image can contribute to low self-esteem and in extreme cases, it can interfere with daily well-being. In this session we will discuss the impacts of a negative body image and what we can do to feel more positive about how we look.



**CHANGE
YOUR
THOUGHTS
AND
YOU'LL CHANGE
YOUR WORLD**

Emotional Eating

In this module we hope to explore information about emotional eating, including signs, symptoms, treatment and supports available. We will look at personal recovery and what we can do to help others and ourselves.

Young People and Mental Health

Promoting mental, emotional and social wellbeing can enable young people to fulfil their potential and cope with the challenges they face during this key developmental period and into the future. This module will encourage a greater knowledge of the key issues impacting on the mental health and wellbeing of young people and explore practical ways to support and promote young people's mental health .

Mental Health and The Family

When a loved one becomes unwell it can have a huge effect on family members, carers and/or friends. This course will set out to examine the term "recovery" and understand how to support recovery in a positive way. We hope there will be rich discussion on the impact of caring, giving support and understanding the importance of self-care and awareness of carer stress.

Post Traumatic Stress Disorder

Post-traumatic stress disorder (PTSD) can develop after a very stressful or distressing event. It can also develop after a prolonged traumatic experience. In this session we will discuss causes, signs and symptoms, coping mechanisms, and services available.

Lets Talk Social Media

In this day and age, social media constantly surrounds us. People are frequently on their phones or laptops updating statuses, posting pictures, liking things, and messaging back and forth with friends. Although social media is extremely beneficial in several ways, it can also have a negative impact on mental health. These impacts will be discussed in-depth in this session.

Living With Depression and Beyond

Depression is one of the most commonly experienced mental health conditions. The symptoms can become overwhelming, self-perpetuating, and lead to feelings of helplessness. This workshop will explore a holistic understanding of the causes, impact, and treatment of depression.

**Only in the darkness can you
see the stars.☾**

ROSCOMMON Roscommon County Library	BALLINASLOE The Family Centre	ATHLONE AIT, Room D03
Tuesday 2-5PM	Wednesday 2:15-5:15PM	Thursday 6-9PM
11th February Registration and Information (In REGARI RC)	12th February Registration and Information	06th February 12-3pm Registration and Information (AIT CANTEEN)
		20th February Lets Talk Body Image
	26th February Intro to CBT	27th February Behavioural Addictions
03rd March Emotional Eating		05th March Exploring Domestic Abuse
10th March Lets Talk About Loss	11th March Post Traumatic Stress Disorder	12th March (5-9pm) Safe Talk (Booking Essential)
	18th March Psychology of Wellbeing	19th March Lets Talk Social Media
24th March Exploring Assertiveness		26th March Living With Trauma
31st March (2-6pm) Safe Talk (Booking Essential)	01st April (2-6pm) Safe Talk (Booking Essential)	02nd April Young People and Mental Health
	08th April Lets Talk Social Media	9th April (6-7pm) Certificate Presentation
14th April Getting Back to Work	15th April Mental Health and The Family	
21st April Mental Health and The Family	22nd April Living with Depression and Beyond	
28th April Diagnosis, Labels and Mental Health	29th April (2:15-3:15pm) Certificate Presentation	
05th May (2-3pm) Certificate Presentation (In REGARI RC)		





Contact Details

Amanda Hunt

Peer Educator

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Roscommon

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Orla O' Duinn (College Co-ordinator) and

Chloe Costello (College Educator)

***Registration fee is €5 for the Term.**

Once paid,

ALL COURSES ARE FREE!

VENUES:

Athlone Institute of Technology, Dublin Road, Athlone

Ballinasloe/Clonfert Family Centre, Brackernagh, Ballinasloe

Roscommon County Library, Roscommon Town



Regari Recovery College



@regaric