***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*** |