

**Cwm Taf Morgannwg**

**Recovery College Timetable- Autumn 2020**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Course and Venue** | **Day** | | **Time** | | | **Start Date** | **Weeks** |
| **CTM Mind- Online Courses/Workshops (Delivered on Zoom)** | | | | | | | |
| Confidence Building  (Agored Accredited) (14 Places) | Thursdays | | 10.30am-12pm | | | 07/01/21 | 4 |
| Understanding and Managing Depression  (14 Places) | Thursday | | 1pm-2.30pm | | | 07/01/21 | 1 |
| Mood and Food  (14 Spaces) | Friday | | 10.30am-12pm | | | 08/01/21 | 1 |
| Mental Health Awareness  (Agored Accredited) (14 Places) | Fridays | | 1pm-2.30pm | | | 08/01/21 | 4 |
| Manging Anger  (14 Places) | Thursday | | 1pm-2.30pm | | | 14/01/21 | 1 |
| Sleep Workshop  (14 Places) | Friday | | 10.30am-12pm | | | 15/01/21 | 1 |
| Understanding and Managing Anxiety  (14 Places) | Thursday | | 1pm-2.30pm | | | 21/01/21 | 1 |
| 5 Ways to Wellbeing  (14 Places) | Friday | | 10.30am-12pm | | | 22/01/21 | 1 |
| Managing Covid Related Anxiety  (14 Places) | Thursday | | 1pm-2.30pm | | | 28/01/21 | 1 |
| Wellbeing and Resilience  (14 Places) | Friday | | 10.30am-12pm | | | 29/01/21 | 1 |
| Mood and Food  (14 Places) | Thursday | | 10.30am-12pm | | | 04/02/21 | 1 |
| **New Horizons – Online Courses (Using Moodle & Microsoft Teams)** | | | | | | | |
| Managing Anxiety  (14 Places) | | Tuesdays | | 1.00pm – 3.00pm | 12/1/21 | | 7 |
| Stress Management  (14 Places) | | Tuesdays | | 6.00pm – 8.00pm | 12/1/21 | | 5 |
| Anger Management  (14 Places) | | Wednesdays | | 10.00am – 12.30pm | 13/1/21 | | 7 |
| Resilience Skills (14 Places) | | Tuesdays | | 9.30am – 12.00pm | 23/2/21 | | 3 |
| Mental Health & Wellbeing  (14 Places) | | Tuesdays | | 12.30pm – 3.00pm | 23/2/21 | | 5 |
| Managing Anxiety  (14 Places) | | Tuesdays | | 6.00pm – 8.00pm | 23/2/21 | | 7 |
| Managing Anxiety  (14 Places) | | Wednesdays | | 10.00am – 12.30pm | 3/3/21 | | 7 |

**New Horizons**

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