

# On-line Schedule

22<sup>nd</sup> June to 24<sup>th</sup> July

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 – 12:00 <b>Crafting workshop</b> Zoom	10:00 – 12:00 <b>Meditation</b> Zoom	10:00 – 12:00 <b>Ladies Circle</b> Zoom	10:00 – 12:00 <b>Reading for Pleasure</b> Moodle	10:00 – 12:00 <b>Creative writing</b> Moodle
14:00 – 16:00 <b>Healthy relationships</b> Zoom	14:00 – 16:00 <b>Peer training</b> Moodle	14:00 – 16:00 <b>Men's Circle</b> Zoom	14:00 – 16:00 <b>Mindfulness</b> Zoom  14:00 – 16:00 <b>Food chit/chat</b> FB live chat	14:00 – 16:00 <b>Art at home</b> Zoom

To reserve your place on any of these classes  
call or text Teresa on 07712 924120  
or email [recoverycollegereception@bridgesupport.org](mailto:recoverycollegereception@bridgesupport.org)

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## **Craftwork, 10am Monday via Zoom**

If you have an embroidery, sewing or knitting project that you'd like to start or have begun working on you are welcome at this weekly get together. Bring your workpiece, share your tips and tricks and learn from each other.



## **Healthy relationships, 2pm Monday via Zoom**

Continuing his series on psychological wellbeing Ben will be focusing on Health relationships. How to make them, how to maintain them and how to make them work for you at a time of social distancing.



## **Meditation, 10am Tuesday via Zoom**

Join us for a weekly meditation session with our experienced facilitator. Each week you will be guided through different types of breathing and meditation techniques. This is a great relaxing activity to try or to get back into no matter what level you are.

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## Peer trainer, 2pm Tuesday via Moodle

For existing peer trainers and those part way through the program when lock down began. We'll learn to use on line tools such as Moodle and zoom to continue maintaining social distancing and delivering Recovery College Classes



## Ladies circle, 10am Wednesday via Zoom

Join us for our online ladies circle to discuss the week gone. This is a safe place for sharing anything that is on your mind whilst getting advice you need from your peers. This is a great way to make new friends and to have a good time



## Men's circle, 2pm Wednesday via Zoom

Join us for our online men's circle to discuss the week gone. This is a safe place for sharing anything that is on your mind whilst getting advice you need from your peers. This is a great way to make new friends and to have a good time.

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## Reading for pleasure, 10am Thursday via Moodle

Reading for pleasure is often a solitary affair but increasingly people are embracing the social aspect of reading groups. This group creates a buzz about reading by bringing the story alive with discussions that link to the people and places in the book.



## Mindfulness, 2pm Thursday via Zoom

An open guided mindfulness session, for anyone interested in cultivating mindfulness into their daily life to manage stress. The sessions will include a guided meditation practice, discussion and an opportunity to meet, support and share experiences.



## Food chit/chat, 2pm Thursday via Facebook messenger live

Join us for a weekly discussion to share what you've been cooking. As we all avoid trips to the shops this is a chance to give and get ideas and tips for using what you already have in the cupboard. Ask any question you want to gain more confidence in the kitchen!

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## **Creative writing, 10am Friday via Moodle**

Boost your mood, get creative and develop the balance in your outlook on life. Enjoy guided creative writing exercises with a range of forms designed to help you unleash your creative muse.



## **Art at home, 2pm Friday via Zoom**

In this course we will make something new and creative each week. We will use simple materials and transforms them into something that you can display at home or use everyday.



**Zoom** is a video conferencing tool that is easy to use on phones, tablets and computers.

**Moodle** is an on-line learning tool that includes a virtual classroom as well as facilities to share documents simply.

**Support to use both tools is available from the RC team**