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**Website: www.recoverycollegesoutheast.com**

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| **Recovery College South East**  **Recovery Education Programme January – May 2023**  **You are invited to join us in our new Recovery Education Programme for 2023**    **This year, we are delighted to be able to offer integrated/hybrid workshops which means you have the option of attending some of the workshops in person or join online from home as specified on the timetable. It is important if you choose the online option, that you indicate your preference on the enrolment form so the link can be**  **sent to your email.**  **(For more detailed information on the workshops, please go to the Workshop Section of our Website –** [www.recoverycollegesoutheast.com](http://www.recoverycollegesoutheast.com).) **You can scan our QR code for quick access to our website**   1. **Complete the attached enrolment form and email it to the Recovery College South East at** [**enrolrecoverycollegesoutheast@gmail.com**](mailto:enrolrecoverycollegesoutheast@gmail.com) **or** 2. **Phone us on 086 1746330 to enrol** | | | |
| **January 2023** | | | |
| **VENUE** | **WORKSHOP NAME** | **DATES** | **TIME** |
| **Recovery College South East**  (In-house and Online Workshop) | **Creative Writing**  This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious about creative writing. So, come along, join the group and give it a go. Looking forward to meeting you. See workshop description – page 7 | Every Wednesday starting from Wednesday 18th January | 3pm – 4pm |
| **Involvement Centre, Kilkenny**  (In-house workshop only) | **Creative Writing**  This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious about creative writing. So, come along, join the group and give it a go. Looking forward to meeting you. See workshop description – page 7 | Every Friday starting on Friday 20th January | 11am – 12pm |
| **Involvement Centre, Carlow**  (In-house workshop only) | **Creative Writing**  This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious about creative writing. So, come along, join the group and give it a go. Looking forward to meeting you. See workshop description – page 7 | Every Friday starting on Friday 6th January | 11.30am – 12.30pm |
| **Recovery College South East**  (On-site workshop only) | **Growing towards Health and Wellness**  This is an outdoor workshop. For more information, see workshop description – page 7 | Monday 16th, 23rd, 30th January, Monday 6th, 13th, 20th, 27th February, Monday 6th, 13th, 20th, 27th March. | 10am – 12pm |
| **Recovery College South East**  (In-house and online workshop) | **Loneliness and Isolation (4 week workshop)**  This workshop explores how loneliness and isolation impacts on all aspects of life and shares ideas on how loneliness and isolation can be positively addressed – See workshop description – page 7 | Tuesday 17th, 24th, 31st January and Tuesday 7th February | 10am – 12.30pm |
| **Zoom**  (Online workshop only) | **Sleeping Better**  A six-week-programme to help you find ways to sleep better and improve your quality of life. See workshop description – page 8 | Tuesday 17th, 24th January, Tuesday 7th, 14th, 21st, 28th February | 2.30pm – 4pm |
| **Recovery College South East**  (In-house and online workshop) | **Understanding and Managing Anxiety (4 week Workshop)**  For people who want to learn more about the facts of anxiety and learn practical and effective ways of managing and living with anxiety.  See workshop description – page 9 | Wednesday 18th, 25th January, Wednesday 1st, 8th February | 10am – 12.30pm |
| **Recovery College South East**  (In-house and online) | **Recovery Principles and Practice (Morning Workshop)**  This workshop aims to bring an increased awareness to people who work in Mental Health, substance misuse, social inclusion and associated services of the benefits of a recovery approach in practice.  See workshop description – page 8 | Wednesday 25th January | 9.30am – 1.30pm |
| **February 2023** | | | |
| **VENUE** | **WORKSHOP NAME** | **DATES** | **TIME** |
| **Recovery College South East**  (In-house and Online Workshop) | **Creative Writing**  This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious about creative writing. So, come along, join the group and give it a go. Looking forward to meeting you. See workshop description – page 7 | Every Wednesday | 3pm – 4pm |
| **Involvement Centre, Kilkenny**  (In-house workshop only) | **Creative Writing**  This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious about creative writing. So, come along, join the group and give it a go. Looking forward to meeting you. See workshop description – page 7 | Every Friday | 11am – 12pm |
| **Involvement Centre**  **Carlow**  (In-house workshop only) | **Creative Writing**  This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious about creative writing. So, come along, join the group and give it a go. Looking forward to meeting you. See workshop description – page 7 | Every Friday | 11.30am – 12.30pm |
| **St Dympna’s Hospital, Carlow. Room to be decided**  (In-house workshop only) | **Mind over Mood (8 week Programme)**  Change how you feel by changing the way you think. This eight week workshop aims to improve mood and is particularly suitable for those experiencing anxiety and depression.  See workshop description – page 8 | Tuesday 7th, 14th, 21st, 28th February and 7th, 14th, 21st, 28th March | 10am – 12pm |
| **Recovery College South East**  **(**In-house and online workshop) | **Volunteering with the Mental Health Services (4 week workshop)**  Are you interested in getting involved and volunteering in the South East Community Healthcare mental health services? Have you had personal experience of mental health and/or addiction challenges, do you support people with mental health challenges and/or would you be interested in learning more? If so, the Recovery College South East are delivering a four-week workshop that will support you in getting involved and becoming a volunteer.  See workshop description – page 10 | Thursday 16th, 23rd February and Thursday 2nd, 9th March. | 10am – 12.30pm |
| **Recovery College South East**  **(**In-house only workshop) | **WRAP – Level 1 (Wellness Recovery Action Plan) (2 week workshop)**  This two-day workshop will help you create a personalised recovery plan to maintain your wellbeing. See workshop description – page 10 | Tuesday 14th and 21st February | 9.30am – 4.30pm |
| **Recovery College South East**  **(In-house and online workshop)** | **Personal Development Programme**  (**8 week workshop)**  This eight week workshop will help you build confidence and self-esteem, identify and develop the skills that can help you to set life goals which can enhance job prospects, and help you live a more fulfilling quality of life. See workshop description – page 8  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | Wednesday 15th, 22nd February, Wednesday 1st, 8th, 15th, 22nd, 29th March, Wednesday 5th April | 10am – 12.30pm |
| **Wexford – Venue TBA**  **(**In-house workshop only) | **Family WRAP (Wellness Recovery Action Plan)**  **4 week workshop**  This four day workshop is aimed at family members who are interested in developing a recovery plan to maintain wellness within the context of the family. See workshop description – page 11 | Tuesday 21st, 28th February, Tuesday 7th, 14th March | 9.30am – 1pm |
| **Recovery College**  **South East**  (In-house and online workshop) | **Information and Advocacy for Families in Recovery**  Family recovery is about all members of the family being able to live a life of their own choosing regardless of the challenges of mental health issues. This workshop will explore how Mental Health Services work and what supports are available for you and your family – Page 7 | Friday 24th February | 10am – 12.30pm |
| **March 2023** | | | |
| **VENUE** | **WORKSHOP NAME** | **DATES** | **TIME** |
| **Recovery College South East**  (In-house and Online Workshop) | **Creative Writing**  This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious about creative writing. So, come along, join the group and give it a go. Looking forward to meeting you. See workshop description – page 7 | Every Wednesday | 3pm – 4pm |
| **Involvement Centre, Kilkenny**  (In-house workshop only) | **Creative Writing**  This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious about creative writing. So, come along, join the group and give it a go. Looking forward to meeting you. See workshop description – page 7 | Every Friday | 11am – 12pm |
| **Involvement Centre**  **Carlow**  (In-house workshop only) | **Creative Writing**  This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious about creative writing. So, come along, join the group and give it a go. Looking forward to meeting you. See workshop description – page 7 | Every Friday | 11.30am – 12.30pm |
| **Recovery College South East**  **(**In-house and online workshop) | **Understanding and Managing Depression**  **(3 week workshop)**  Depression can be experienced differently from person to person. This three-part workshop helps you to explore depression and understand what it means to you and how you can manage it effectively. See workshop description – page 9 | Tuesday 7th, 14th, 21st, March | 10am – 12.30pm |
| **April 2023** | | | |
| **VENUE** | **WORKSHOP NAME** | **DATES** | **TIME** |
| **Recovery College South East**  (In-house and Online Workshop) | **Creative Writing**  This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious about creative writing. So, come along, join the group and give it a go. Looking forward to meeting you. See page See workshop description – page 7 | Every Wednesday | 3pm – 4pm |
| **Involvement Centre, Kilkenny**  (In-house workshop only) | **Creative Writing**  This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious about creative writing. So, come along, join the group and give it a go. Looking forward to meeting you. See workshop description – page 7 | Every Friday | 11am – 12pm |
| **Involvement Centre**  **Carlow**  (In-house Workshop) | **Creative Writing**  This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious about creative writing. So, come along, join the group and give it a go. Looking forward to meeting you. See workshop description – page 7 | Every Friday | 11.30am – 12.30pm |
| **Recovery College South East**  (In-house and Online Workshop) | **Understanding and Living with Hearing Voices. Morning Workshop**  The experience of hearing voices can differ from person to person. The aim of this workshop is to gain a better understanding of the common nature of voice hearing, to explore and share ideas for managing and living well with hearing voices. See workshop description – page 9 | Friday 21st April | 10am – 12.30pm |
| **Zoom**  (Online only) | **Mental Health Supporters Programme**  **(4 week workshop)**  Is someone in your family unwell from either a physical illness, mental health and /or addiction challenge and are you involved in supporting them? If yes, you may find this workshop beneficial to you. See workshop description – page 7 | Tuesday 18th, 25th April and Tuesday 2nd, 9th May | 10am – 1pm |
| **Recovery College South East**  (In-house and online workshop) | **Understanding and Managing Anxiety**  **(4 week evening workshop)**  For people who want to know more about the facts of anxiety and learn practical and effective ways of managing and living with anxiety.  See workshop description – page 9 | Tuesday 18th, 25th April and Tuesday 2nd, 9th May | 7pm – 9pm |
| **Recovery College South East**  (In-house and Online Workshop) | **Understanding and Living with Paranoia**  **Morning Workshop**  Many people experience paranoid thoughts at some point in their lives and people have different experiences of paranoia. The aim of this workshop is to Explore paranoia and gain a better understanding of what paranoia might mean for you, for someone you care about, or work with and how it may affect your life. See workshop description – page 9 | Friday 28th April | 10am – 12.30pm |
| **May 2023** | | | |
| **VENUE** | **WORKSHOP NAME** | **DATES** | **TIME** |
| **Recovery College South East**  (In-house and Online Workshop) | **Understanding and living with Psychosis**  **Morning Workshop**  While psychosis is surprisingly common, it can be a very unsettling and frightening experience for the person experiencing it as well as the people who care about them. This workshop is for anyone who wants to better understand psychosis and learn effective ways of living. well with it. See workshop description – page 10 | Friday 5th May | 10am – 12.30pm |

***Workshop Descriptions***

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| **Workshop Title** | **Description** |
| **Creative Writing** | Finding it hard to fill in your day? Looking for an activity or new interest? Why not join our online creative writing group? Its fun, it’s entertaining and it is also a great way to meet new friends.  This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious about creative writing. This is a great way to express yourself and what may be going on for you in your world.  So, come along, join the group and give it a go. Looking forward to meeting you. |
| **Growing Towards Health and Wellness – In house**  **(10 week workshop)** | Calling all “greenfingers” and those that have an interest but not necessarily the knowledge skills or experience in gardening. We would like your help in further developing our garden into an open space that reflects wellness and recovery, where people can sit, relax and enjoy. The benefits of this can’t be underestimated and it can be a great boost to your self-esteem.  The aim of this workshop is   * To offer people an opportunity to explore the link between gardening, nature, wellness and wellbeing, while having the practical elements of designing, planting, sowing and digging. * To experience the creation of a physical thing from your own work, that you can then use to nourish yourself |
| **Information and Advocacy for Families in Recovery** | Family recovery is about all members of the family being able to live a life of their own choosing regardless of the challenges of mental health issues. Navigating Mental Health Services can be very challenging for families, as well as knowing where to go to for support and information.  The aim of this workshop is:   * To explore how Mental Health Services works * Explore how families and supporters can be an added resource to the service and to the person they are supporting. * To explore and connect to community family supports |
| **Loneliness and Isolation**  **(4 morning workshops)**  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | Everybody can be affected by loneliness and isolation, and research shows that it can especially cause difficulties for recovery in mental and physical health.  The aim of this workshop is to:   * Explore how loneliness and isolation impacts on all aspects of life * Share ideas on how loneliness and isolation can be positively addressed * Identify practical ways of making connections to others. * Explore what resources and services are available locally |
| **Mental Health Supporters Programme**  **(4 week programme)** | Is someone in your family unwell from a physical illness and /or mental health and /or addiction challenges, and are you involved in supporting them? If yes, you may find this workshop beneficial to you.  This workshop will   * Explore the challenges people face when trying to support themselves as well as other people. * Explore communication in the context of family life. * Will provide information on local support services and the opportunity to chat to and learn from others in similar situations.   The Meridan Family programme is a programme which promotes the development of family sensitive mental health and addiction services. |
| **Mind over Mood**  **(8 Week Workshop)**  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions*** | Change how you feel by changing the way you think. This eight-week workshop is a Mindful Cognitive Behavioral Therapy (CBT) based programme to improve mood and is particularly suitable for those experiencing anxiety and depression.  The aim of this series of workshops is   * To improve your mood * To learn skills and practical steps to feel better and make changes.   Each week builds on the previous week so it is advised to attend all of the weeks if possible. Home practice exercises will be suggested for in between session practices. |
| **Personal Development Programme (8 weeks)**  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | 1. **Introduction to Personal Development**   The aim of this session is to explore the components of personal development and how it can benefit us in achieving our goals in life.   1. **Self-Awareness**   The aim of this session is to develop the participants’ understanding of self-awareness and its benefits for everyday living.   1. **Developing Positive Thinking**   The aim of this session is to help participants identify patterns of negative thinking and to acquire skills to help develop positive thinking.   1. **Building our Self –Confidence and Self Belief**   The aim of this session is to define and discuss self-confidence and belief in self, to empower participants to develop practical ways for building their own self-belief.   1. **Assertiveness**   The aim of this session is to enhance participants’ understanding of what assertiveness is and to practice assertiveness skills.   1. **Effective communication**   The aim of this session is to explore the concept of communication and the role it plays in your life and to develop effective communication skills through exploring a range of tips and tools.   1. **Maintaining Motivation**   The aim of this session is to help participants understand motivation and identify effective strategies to increase and maintain a high level of motivation.   1. **Self-care and Wellbeing**   The aim of this session is to enable participants to understand what wellbeing is and to provide participants with practical self- care tips and tools to be able to manage and reduce stress in their day to day working and personal life.   * **Reflective Session**   Delivered 4-6 weeks after completion of the programme, to check in with the Group and revisit areas of learning. |
| **Recovery Principles and Practice** | Recovery Principles and Practice aims to bring an increased awareness to all staff in the Mental Health Services of the benefits of a recovery approach in practice. The training is built on incorporating the unique expertise that core stakeholders, service users, family members and service providers bring to the recovery process. |
| **Sleeping Better Programme**  **(6 week workshop)**  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | If you are having problems or difficulties sleeping, then this course might be for you. This unique evidenced based six-week Sleep Programme uses a blend of Mindfulness, Acceptance and Commitment Therapy techniques to improve your sleep.  This series of workshops will help you find ways to sleep better and improve your quality of life. There will be between session practice which forms the bedrock of the Programme and is necessary to complete if you wish to gain the benefits from this Programme.  The overall approach of the Programme is recognising that the secret lies not in what you do but what you don’t do. |
| **Understanding and Managing Anxiety ( Four week workshop )**  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | Everyone experiences periods of anxiety at some stage in their lives. We can feel tense, uncertain, fearful or nervous. Anxiety is a word used to describe these moments of discomfort. Anxiety can change from something everyone experiences in mild forms, to something which is persistent, excessive or over-whelming. It can begin to interfere with many aspects of your life – from confidence, to physical wellbeing and engagement in basic or complex activities of living.  The aim of this four-part workshop is:   * To explore the facts around anxiety * To explore the causes and symptoms associated with anxiety * To look at how anxiety affects people in different ways – * To explore practical and effective ways of managing and living with anxiety. |
| **Understanding and Living well with Bi Polar (2 week workshop)**  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | Living with Bipolar can be a turbulent experience and for some can cause them to lose sight of who they are and what is important to them. This two-part workshop will explore bipolar and help you to better understand what it is and how you can best live with it.  The aim of this workshop is:   * To explore what bipolar means to you and how it affects your life * To discuss the causes of bipolar and the role of stress and underlying vulnerabilities * To explore effective strategies to help manage and live well with bipolar |
| **Understanding and Managing Depression**  **(4 week workshop)**  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | Depression can be experienced differently from person to person. This four-part workshop helps you to explore depression and understand what it means to you and how you can manage it effectively.  The aim of this workshop is:   * To explore what depression is and the factors that may lead to depression * To provide practical and effective ways to help promote recovery from depression |
| **Understanding and Living with Hearing Voices** | The experience of hearing voices can differ from person to person. Our uniqueness as individuals is often reflected in the voices people experience.  These voices can have distinct content, identities, meaning and impact on the person experiencing them.  The aim of this workshop is:   * To gain a better understanding of the common nature of voice hearing, * To explore the different individual experiences within the group * To discuss and share ideas for managing and living well with hearing voices |
| **Understanding and living with Paranoia** | Many people experience paranoid thoughts at some point in their lives and people have different experiences of paranoia. The symptoms vary in severity and may interfere with all areas of life.  The aim of this workshop is to:   * Explore paranoia and gain a better understanding of what paranoia might mean for you, for someone you care about, or work with and how it may affect your life. * Discuss some of the strategies for managing the experience of paranoia when it is distressing. |
| **Understanding and Living with Psychosis** | Psychosis can be experienced as having a different sense of reality to other people or hearing voices. While psychosis is surprisingly common, it can be a very unsettling and frightening experience for the person experiencing it as well as the people who care about them. This workshop is for anyone who wants to better understand psychosis and learn effective ways of living well it.  The aim of this workshop is:   * To help you to understand psychosis through exploring existing knowledge and different perspectives around the topic * To provide coping strategies for living with psychosis and for promoting recovery |
| **Volunteering with the Mental Health Services** | Are you interested in getting involved and volunteering in the South East Community Healthcare mental health services? Have you had personal experience of mental health and/or addiction challenges, Support people with mental health challenges and/or would you be interested in learning more? If so, the Recovery College South East are delivering a four-week workshop that will support you in your role as a volunteer, getting involved in as little or as much as you choose. For example, having a chat and a cup of tea, answering the phone, using creative skills you may have, I.T. skills, facilitation skills to name but a few.  Volunteering can broaden your horizons by gaining new skills that can be used for future employment, provide valuable insight and experience and help boost your own self-esteem. It can also contribute to reducing stigma around mental health but most of all it is rewarding and fun.  Workshop content will include:   * How to be become a volunteer * The various volunteer roles available * Communication skills * Getting to know mental health services * Support and supervision * Volunteer policy * Informal peer support * Working together in a team * Shaping the future of mental health services |
| **WRAP – Level 1**  **(2 day workshop)**  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | WRAP is for everybody. WRAP helps you to get to know yourself. WRAP is your personal plan which you have put in place in the good times to remind you and guide you through the bad times. WRAP helps to achieve and maintain  wellness and gain more control over our lives and the way we feel. It is developed to help us identify what works and what doesn’t work and how we can get better at staying well. |
| **WRAP (Wellness Recovery Action Plan ) for families**  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | WRAP is for everybody. WRAP helps you to get to know yourself. WRAP is your personal plan which you have put in place in the good times to remind you and guide you through the bad times.  Family WRAP helps each family member contribute to plans that the family will use to improve their day to day interactions, meet daily challenges and promote mutual co-operation.  The aim of the family WRAP workshop is   * To support the development of a wellness recovery action plan to have in times of crisis for a family member or for the whole family * To explore what factors facilitate recovery for yourself and your family * To identify the wellness tools that will most benefit you and your family and how to use these tools when required   ***For this workshop to work best it is recommended that your attend this workshop with at least one other family member*** |

Greenshill

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**Enrolment Form**

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| **Course title** | **Commencement date** | **In-house or Online (Zoom)**  **Please tick your preference below** | |
|  |  | **In-house** | **Online (Zoom)** |
|  |  | **In-house** | **Online (Zoom)** |
|  |  | **In-house** | **Online (Zoom)** |

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| **PLEASE COMPLETE USING BLOCK CAPITAL LETTERS** | | |
| **Surname:** |  | |
| **First name(s)** |  | |
| **Address:** |  | |
| **Telephone:** | **Mobile** | **Home/Work** |
| **Email:** |  | |
| **Contact Details in Case of Emergency:** | **Name** | **Number** |
| **Where did you hear about the Recovery College** |  | |
| **Please tick the box that best describes you** | **Service User/Lived Experience\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Family Member/Carer\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Service Provider (Area of Work) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Other (Please specify)/Prefer Not to Say\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | |
| **All our workshops are based around discussion and group work. Pen and paper would be helpful to have to hand for participants.** | | |

***All our Workshops are free of charge.***

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| **Are you happy for us to contact you periodically by email, post or text about different events, workshops, surveys in relation to the Recovery College South East? (Please tick this box if yes.)** |

**Student Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**



*Recovery is moving on, achieving and learning, being the best and the best that I can be with confidence” Mental Health Discussion Group Clonmel 2013*

