



CARLOW CHILDREN AND YOUNG PEOPLES SERVICES COMMITTEE

APRIL 25, 2024; NUMBER 14; VOLUME 10

What we offer to the community

Inclusivity and accessibility
The Library is a welcoming place, providing an inviting environment for all.

Accessible Resources
Our sensory equipment, books and toys cater for everyone who would like to comfortably enjoy their time at the library.

Playful Learning
Sensory toys and books encourage learning through play, which encourages creativity and social interaction.

Family & Community
We encourage families to join and visit their local library.



Sensory-friendly

Our libraries are welcoming places and our aim is to make your visit feel safe and comfortable at all times.

All of our branches have equipment and other supports available on request.

If it's your first visit to the library or you would like extra support, we have times when all of our equipment will be set-up and ready to use.

Carlow Central Library:
Thursdays 6-7pm

Other branches:
Please contact for details

Contact us

Carlow: 059 912 9701

Muinebheag: 059 912 9703

Borris: 059 917 0350

Tullow: 059 913 6299

Email: library@carlowcoco.ie



Sensory Services



Carlow County Council
Library Service:
an inclusive community
for everyone



Men get hurt too: Males experience of Domestic Abuse

Monday 17th June 2024

9:30am-12pm

**Woodford Dolmen Hotel,
Kilkenny Rd, Carlow R93N207**

**Key note speaker -
Dr Melissa Corbally**

To book your place on this event please email laurabfrc@gmail.com as places are limited.

LOVE WHO YOU ARE

My Unique Individuality

LEBTOIAIA Group for young people and allies aged 12 - 18 years.

To join contact Amy on 085 272 2379

THIS IS A SAFE SPACE

UBU, kccsb, An Buidé Caraid, Comhairle Cheatharlach, Muinebheag, Leathbarrán na n-ádh, Department of Education, Equality, Disability, Integration and Youth, National Lottery

COME AND JOIN US AT OUR

LGBTQIA+ GROUP*

For 18 - 25 Year Olds
Carlow Town

Open to all abilities and disabilities

Contact Ruth for information
087 387 3724

Carlow Regional Youth Service
Youth Work Ireland

Book club for Children with Dyslexia

Wow A Book Club for children finding it hard to read age 9-12

Come join us for some fun and games!
Email the Library Library@carlowcoco.ie for more information or drop in to us.

Bagenalstown Library

Wednesday May 1st 3.30 - 4.30
at
Bagenalstown Library

May 28th 2024
9:30-4:30
The Dolmen Hotel Carlow

Quality Matters delivering certified Trauma Informed Practise Training

For professionals and front line workers

Skills based training for those working with vulnerable families and communities
Understand trauma and the impact it has on behaviour, prevent triggering and re-traumatisation and how to work with trauma behaviours.

Email martinawalsh@carlowcoco.ie to register



Mentoring Programme



Carlow & Wexford

Foroige's mentoring programme has now launched in Carlow & Wexford.

The mentorship programme involves matching a young person to a trained adult volunteer. The matches meet up once a week, for an hour, to do an activity they have both agreed on. These activities can include things like going for a walk, playing a sport they both enjoy, learning an instrument or even getting a hot chocolate together.

The ultimate goal of the programme is that the young person will feel supported and encouraged to reach their own personal goals, no matter how big or small.



Contact details

Once we receive a referral a staff member will be in contact to follow up and discuss it further

If you have any questions about the programme or are unsure about a referral, please do not hesitate to contact us;

Wexford & Carlow

Tara Murray

086 165 7466

tara.murray@foroige.ie

Kilkenny & Carlow

Sarah Fitzpatrick

086 136 6790

sarah.fitzpatrick@foroige.ie



Autism Positive Support Group for Parents

A Space to Connect, Support and Listen



Where: Ossory Youth, Desert Hall, Lower New Street, Kilkenny. R95 P5HC

When: The first Wednesday of every month – beginning on Wednesday 3rd April at 7:30pm – 9pm

Who: Parents and Caregivers of autistic children and adolescents

Everyone is welcome - to confirm your place please text or WhatsApp Carol on 087 912 5804.

BUGGY BUDDIES
Carlow Town Park

TUESDAYS
16th April – 28th May
(Excluding 14th May)

TIME
10:30am – 11:30am

VENUE
Carlow Town Park

COST
€10

Toddler Storytime & Rhymes
Wednesdays at 10am in Carlow Library
No Need To Book!

Look Good, Feel Good

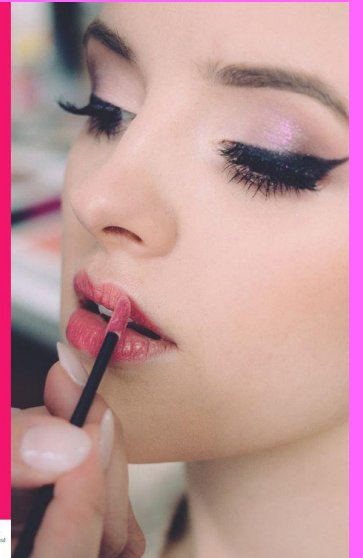
Make Up and Skin Care Class with John Paul Payne

Learn to apply your own make like a true professional.

Topics covered include:
Skin care, Contouring, Makeup Application

Tuesday 23rd May
7.00 pm – 9.00 pm for 6 weeks
in
St Catherine's Community Services Centre
Carlow
To enrol please call Andrea Dalton on
(059) 9138706

Places are limited and are allocated on first come first served basis



YOUNG TRAVELLER WOMEN'S CRAFTING & BAKING PROGRAMME

ACTIVITIES INCLUDE
DESIGN YOUR OWN SHIRT
BAKING DOUGHNUTS
JEWELLERY MAKING
BAKING PIZZA
MAKE YOUR OWN LIP GLOSS
BAKING APPLE TART
BOWLING TRIP

TEXT OR CALL THERESA ON 086 8054801 TO SIGN UP

6th class to 15 years

EVERY MONDAY FROM 4PM TO 5:30PM FOR 7 WEEKS IN ST CATHERINE'S COMMUNITY CENTRE, STARTING 29TH APRIL

VOLUNTEERS NEEDED
Express Interest. Scan here

Are you 16 +

Interested in Volunteering with us this summer?
if so please text your Name to 0867712198

Open to all abilities and & disabilities

Circle of Security

This is a course which will help you to understand your child's emotions and behaviours and how to respond.

Wednesday 24th April-12th June 10am-12pm

Free 8 week course

For more information or to book your place please contact our reception on 0599722028.

HSE TALKING
HEALTH & WELLBEING
PODCAST

Episode 45
Youth Drug & Alcohol Support

WITH EMER LOUGHREY & DR MONICA WHYTE
Hosted by Noreen Turley

To watch HSE Health & Wellbeing podcasts 45 - 53

[CLICK HERE](#)

Traveller Culture Awareness Training

Type of Training: Face to Face one day training

Title of training module: *Traveller Culture Awareness Training (TCAT)*

Date & Time: 14th May; 15th Oct - 10am - 4pm

Where - St Catherine's Community Services
9 St Joseph's Rd, Rathnapish, Carlow

Contact Details:

Kathleen Kerrigan - 085 280 4298

Zoe Doheny - zoe.doheny@hse.ie

Shane Hamilton -

shaneh@catherines.ie

Information about the event:

The TCAT programme aims to improve Travellers' health through the provision of education and awareness raising on Traveller culture and issues, to health service staff and other public service staff so to make their services more accessible and thus have an impact on Traveller health outcomes. There is no fee to take part in the training. Certification of Attendance, Traveller Health Sticker are provided on completion for display within services.

Prior Training requirement:

Completion of the HSEland online module:

"Introduction to Traveller Health"



Participants Needed

Help us to design a website for parents of adolescents who self-harm

Participants will receive a €50 voucher

About our project

- Aim:** To design a website with text and videos.
- For whom:** Parents of adolescents who self-harm or attempt suicide
- How can you help?** Tell us what you think parents need to know and what you found helpful.

Who can participate?

- Adults aged 18-25
- History of self-harm
- Have not self-harmed in the last 12 months
- Living in Ireland

Your voice matters

- We want to know what your parents did that helped you.
- What you think parents need to know about self-harm and suicide
- Whether you think there are gaps in the information that we have compiled for the website.

Scan the QR code to sign-up

University College Dublin Youth Mental Health Lab
Contact: Eilis Hennessy; eilis.hennessy@ucd.ie

ENCOURAGING CREATIVITY - IGNITING JOY

CHILDHOOD SERVICES WEEK 2024 13 - 17 MAY

SHINING A LIGHT ON THE WORK OF THE CHILDHOOD SERVICES SECTOR ACROSS THE ISLAND OF IRELAND

During Childhood Services Week we are encouraging services to hold their own Festival of the Arts, providing lots of opportunities for children to engage in different arts experiences that enrich children's learning and support their holistic development.

Services can plan their own together for the week, or use the following as a guide or mix and match as they wish.

**COME AND JOIN OUR FREE LIVE CHILDREN'S WORKSHOPS
MONDAY - THURSDAY**

Register for all events - www.ncn/events

MONDAY
13 MAY

#MUSIC MONDAY

Music Generation will provide a sing-along of songs to get us ready for the week ahead.

FREE LIVE WORKSHOP STARTS 10AM

TUESDAY
14 MAY

#ARTSY TUESDAY

National Gallery of Ireland will provide a workshop on two Irish artists. The artist will provide information and the resources that are needed for the workshop in advance. Use work along session for preschool @ 10:00am / Use work along session for School Age childcare @ 4:30pm

FREE LIVE WORKSHOP STARTS 10AM

WEDNESDAY
15 MAY

#WONDROUS WEDNESDAY

Sean N6s dance along with Ceol Connected. Prior to this event, services will have access to Sean N6s dancing practice videos.

FREE LIVE WORKSHOP STARTS 10AM

THURSDAY
16 MAY

#TALES ON THURSDAY

A live read along with Iola McQuinn author of 'April's Garden': a book about children with no home and finding joy in small moments. While useful for younger children, it can also be used with school age childcare children and has supporting resources for this. (Funded by Children's Books Ireland)

FREE LIVE WORKSHOP STARTS 10AM

FRIDAY
17 MAY

#FANTASY FRIDAY

An in service day of storytelling, dress up, drama and puppetry.

FREE LIVE WORKSHOP STARTS 10AM

CHOOSE YOUR OWN TIME!

The first 15 settings to book April's Garden Workshop will receive three free beautiful books.

A gift of books!

NCN would love to share your activities during Childhood Services Week
Tag us on social media
Send photos and video to: ncn@info.ie

National Childhood Network | #ChildhoodArts #CSW24 #ENCOURAGINGCREATIVITYIGNITINGJOY | Grádas Naisiúnta

Setting up a Parent & Toddler Group

Are you interested in setting up a Parent & Toddler Group in your area?

Carlow County Childcare Committee provides the following support to parents to set up a new Parent and Toddler Group.

- Applying for Annual P&T Grants from Department of Children, Equality, Disability, Integration & Youth - €1400 Maximum Grant
- Setting up your Group
- Sourcing a venue
- Promoting your group to parents including the benefits of attending a P&T Group
- Group activities/ideas

For further information email : niamh@carlowccc.ie

Carlow County Childcare Committee

An Láimh Leant, Ceolánarais, Pádraicín, Leathluibíní agus Gaeil



The Prevention and Early Intervention Network AGM

Wednesday May 1st 2024

10am - 12.30pm

Join us online for a PEIN members event featuring:

The launch of 'Shifting Sands', our research paper on the response to the needs of Ukrainian families and children & PEIN's Annual General Meeting 2024

Visit the link below to register
<https://eventbrite.ie/e/879391392327?aff=oddtcreator>

Click [HERE](#) to register



THE NAVIGATION COACH
Tara Rafter
 AWARD WINNING LIFE COACH & MASTER NLP PRACTITIONER



R & R - 2

A morning of self-care, wellbeing & fun

Join us for Reconnect and Recharge 2!

CKST FOSTERING & AFTERCARE EVENT

Guest Speaker ~ Tara Rafter ~ The Navagation Coach

Breakfast served 09:30 - 10:15am
 Guest speakers at 10:30am

16 Thursday May

9.30am - 1:00pm
 Newpark Hotel, Castlecomer Rd,
 Kilkenny, R95KP63



RSVP TO FOSTERINGCKST@TUSLA.IE BY MONDAY 29TH APRIL

Give yourself the gift of Quitting Smoking

QUIT

Quitting is the single best thing you can do to improve your health

Free Nicotine Replacement Therapy (NRT) available to anyone who engages with our HSE Stop Smoking Advisors on the standard treatment programme.

Scan QR code to register for a call back

You're up to 4 times more likely to stop smoking for good if you use a combination of stop smoking medication (NRT) & receive support from a HSE Stop Smoking Advisor.

Contact: Vivienne 087 181 4646 or email SouthEastStopSmokingSupport@hse.ie

ARE YOU A MAN EXPERIENCING DOMESTIC ABUSE?

YOU ARE NOT ALONE

ONE IN EVERY 7 MEN WILL EXPERIENCE DOMESTIC ABUSE IN THEIR LIFETIME

Phone 0832088689 to speak to our male domestic abuse support worker who can provide support and information

ARE YOU A MAN WHO IS EXPERIENCING DOMESTIC ABUSE?

WOULD YOU LIKE TO BE ABLE TO TALK TO SOMEONE ABOUT YOUR SITUATION?



NEWPARK CLOSE FAMILY RESOURCE CENTRE, KILKENNY PROVIDES:



- CONFIDENTIAL ONE TO ONE SUPPORT SERVICE INCLUDING:
- INFORMATION ON FAMILY LAW MATTERS
- COURT ACCOMPANIMENT

FOR FURTHER INFORMATION OR TO ARRANGE AN APPOINTMENT PLEASE CONTACT OUR SERVICE ON

056 7723309 OR 083 1517037

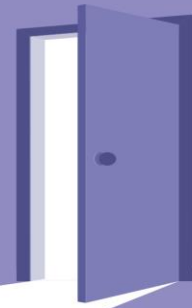
Between 9.30am and 5.30pm

CARLOW WOMEN'S AID

SUPPORTING FAMILIES AFFECTED BY DOMESTIC VIOLENCE

FREEPHONE

1800 444 944



059 91 735527 | Old Dublin Road, Carlow | www.carlowwomensaid.ie

Charity Number CHY 13770



An Roinn Dlí agus Cirt
Department of Justice



Bagenalstown & South Carlow Youth Project The Library, Borris

Wednesdays, 3.00pm - 4.00pm

Friendships, preparing for secondary school, anti-bullying and lots more

€2 per session

6th Class group

Call or WhatsApp Marcella on 0874276282 or Mairead on 086 7525587

For 6th class Students going into 1st year

Lots of fun, games and a trip

Open to all abilities & disabilities



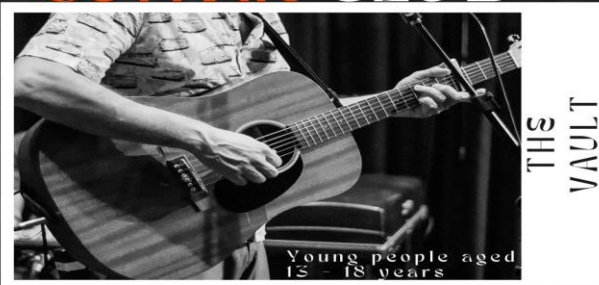
WELCOME TO Effective Communications on Child Health and Obesity Webinar

00:03:22

[Effective Communications on Child Health and Obesity Webinar \(youtube.com\)](https://www.youtube.com/watch?v=...)

UBU YOUR FLAG! kcetb An Roinn Leanaí, Comhionannais, Micheimáil, Léimhártochtá agus Óige Department of Children, Equality, Disability, Integration and Youth National Lottery

GUITAR CLUB



THE VAULT

Young people aged 15 - 18 years

TO SIGN UP CONTACT AMY ON 085 272 2379



FRIDAY 19TH 6-8PM

OPEN TO ALL ABILITIES AND DISABILITIES



GRAIGUECULLEN YOUTH PROJECT

6:30PM TO 8PM

GIRLS GAMING GROUP

€2 PER SESSION



Every Thursday for 13 to 16 years

@40 Fruithill Manor, R93 D6Y3

Open to all abilities & disabilities new members welcome!



When Big Changes Happen? (New school / Family changes etc.)

A Workshop for Children 10-12 years

Wednesday 12th June 2024 4pm - 5.30pm

Venue: Fr McGrath FRC, St. Josephs Road, Kilkenny R95 P0KK

Book: Call Karin on 087-2206730 or Wendy on 087-9777810



TJUSLA



BIG FEELINGS

WORKSHOP FOR CHILDREN 7 – 9 YEARS

Wednesday 5th June 2024 4pm – 5.30 pm

Venue: Fr McGrath FRC, St. Josephs Rd, Kilkenny. R95 P0KK

Book by Calling Karin on 087-2206730 or Wendy on 087-9777810

TJUSLA



JOIN ART CLASSES

REGISTER NOW

DRAWING & PAINTING

ONLINE COURSE

NO AGE LIMIT

Start from May Every WED & SAT 4:30pm to 6pm

Bitu's Art Creation

DETAILS FOR INBOX

From basic brushstrokes to advanced shading, we'll unleash your child's inner artist!

€20
monthly/pp



All categories of arts are available for kids And Elders

ONLINE COURSE

JOIN NOW

CARE LEAVERS - 10 YEARS ON STUDY HAVE YOUR SAY AT OUR PLANNING WORKSHOP!

EVER LIVED IN STATE CARE? WE WANT TO HEAR FROM YOU

WHAT'S THIS RESEARCH ABOUT?

This national study is about the experiences of people who've grown up in Irish state care. Your opinion can help us plan to do this research matters to us.

WHO WE ARE

We're a team from Trinity College Dublin and the University of Sussex who want to learn about the lives of care leavers. With your help, we hope this study will inform care policies and services in Ireland.

WHO CAN JOIN?

- Anyone aged 18+ with experience of Irish state care (foster care or residential care).
- Anyone interested in helping us to make a great study.

WHAT WILL YOU DO?

- Share your ideas.
- Give us feedback on our research plans.
- Help us make our research as relevant as possible to care leavers.

WHY TAKE PART?

- Be heard** - your voice will help this research to have a greater impact.
- Connect** - meet others who share your experience.
- Make a difference** - help us improve care for future generations.
- Get travel expenses covered and receive a gift voucher** - your time and insights are valuable to us.

WORKSHOP DETAILS

FRIDAY 26th APRIL 2024

11AM - 2PM

TRISS SEMINAR ROOM, ARTS BLOCK, TRINITY COLLEGE DUBLIN

INTERESTED?

We'd love to hear from you!

For more information and to register for our planning workshop, contact us at:

0862006488

www.careleavers10yearson.com



Mental Health & Family Caring:

Supporting the Supporters

A five week online programme for family carers and supporters of people with mental health challenges.

Explore:
Self-care, Mental Health & Recovery Concepts, Boundaries, Communication Techniques, Supports & Services

Dates: 17th, 24th
April and 1st, 8th, 15th May
Time: 10.30am - 1pm

ONLINE
Eventbrite Registration
Click Here!



Self-paced training module:
A Guide to the Mental Health Experiences and Needs of Autistic Teenagers

Modules key features

- The modules include interactive features, such as reflective questions, film clips, quizzes, animation and learner activities.
- The majority of the modules take around 60-90 minutes to complete.
- We use e-learning software (Articulate Storyline 360) to provide every learner with an accessible experience. The modules are keyboard navigable and compatible with JAWS and most NVCD screen readers.
- Learners will receive a certificate of completion which can be used towards your CPD recording forms.

<https://www.autism.org.uk/what-we-do/autism-training-and-best-practice/training/e-learning>



Introduction to Mindfulness

Free 4-week online course for parents

6-8 participants

03.05.2024 - 24.05.2024
Fridays
10.00 - 11.00

To register email alexkoster2303@gmail.com

ispcc

'What is Coco's Law?'

A practical guide for parents, carers and practitioners

- How Coco's Law addresses the non-consensual sharing of intimate images
- The offences created by this legislation



"What is Coco's Law?" An information session for parents/ carers and practitioners

Details

ISPCC Children are delighted to deliver a webinar on 'What is Coco's Law' which aims to support parents/ carers & practitioners around their understanding of this law and the impact it has had on families and their young people

Coco's Law created two offences which criminalised the non-consensual distribution of intimate images under the Harassment, Stalking, Communications and Related Offences Act. It prohibits the sharing of intimate images without the original poster's consent

Dates

- Tue, Apr 30
- 7:00 PM - 7:30 PM (GMT+1)
- Online event

Register

To join webinar: [CLICK HERE](#)

What helps when I worry?

Workshop For children 8 – 10 years

Wednesday 1st May 2014

4pm – 5.30pm

Venue: Fr. McGrath FRC, St. Josephs Rd, Kilkenny R95 P0KK

Booking: Call Karin on 087-2206730 or Wendy on 087-9777810



IFCA FAMILY CONFERENCE

SAT & SUN
29TH & 30TH
JUNE 2024

Accommodation Details

Maynooth University Accommodation

Fully equipped self-catering apartments on Maynooth University Campus are available to IFCA Family Conference guests.

All apartments are 5 bed units with shared access to a kitchen and living area. Occupancy rates below allow for families or groups travelling together to share apartments, and individual room requirement for children to be met appropriately where this is a requirement for families. Attendees can book directly with Maynooth Campus for an occupancy that best suits their needs.

- 2 bedroom apartment - €212 per night
- 3 bedroom apartment - €226 per night
- 4 bedroom apartment - €244 per night
- 5 bedroom apartment - €266 per night



There are a host of amenities available in Maynooth village just on the doorstep of the University and an Aldi Supermarket located between the North and South Campus for provisions!

Apartments are self-catering, however a continental breakfast is available from 8am in the Pugin Hall on the University's South Campus and can be booked separately when arranging your accommodation and costs €9.80. Pugin Hall is where the evening meal will take place on the 29th June and is a few minutes' walk across Campus from the accommodation. Carparking is free of charge.

Reservations can be made directly with Maynooth University Campus Accommodation 01 708 6400 or email mccareservations@spcm.ie - please put IFCA in the heading line.

GLENROYAL HOTEL, MAYNOOTH VILLAGE (15 MINS WALK FROM CAMPUS)

IFCA Family Conference attendees can avail of our special conference rate in the Glenroyal Hotel Maynooth. This preferred rate is offered for nights from Friday 28th to Sunday 30th June 2024.

- Classic Superior - €185
- Classic Family - €205

Reservations can be made directly with the Glenroyal Hotel

Remember to state you are an IFCA Family Conference Guest and reference code GA001647
Tel: +353 (0) 1 629 0909 reservations@glenroyal.ie



Trish McGinley
Events & Membership Administrator
Irish Foster Care Association
Synergy Centre, IT Tallaght
D24 A386
T: 01 459 9474
E: patricia.mcginley@ifca.ie

Irish
Foster Care
Association

Parenting When Separated Parents Plus Programme

Parenting when separated can be difficult, and how it is managed has a significant impact on children. This FREE short course does not propose to find magic answers but aims to help parents to gain the support of other parents and to find solutions for difficult situations. The focus of the course is positive and aims to build on your strengths as a parent and what you are already doing right.

The Parenting when separated programme hopes to help you:

- Understand the impact of separation on parents and children
- Establish a positive cooperative co-parenting relationship
- Communicate more effectively with your child's other parent and your child
- Manage successful contact and handovers
- Manage conflict and challenges
- Develop personal coping and stress management skills

Who should attend:

The course is open to parents from all backgrounds and all walks of life that are going through or have gone through a separation or divorce. They are designed to be mixed and suitable for mothers and fathers of children of all ages. A parent can attend on their own, should the other parent of their child wish to participate we can link them into a future course date.

Dates: May 2024, we will come back with definite dates once referrals are received.

Time: Mornings – over 6 weeks, 1 morning a week

Location: 24 Askea Lawns, Tullow Road, Carlow

FREE

For further information or to book a place, please contact
Barnardos on 059 9132868



Recovery College South East Recovery Education Programme April 2024

(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 or

2. Phone us on 086 1746330 to enrol. For more detailed information on the workshops, please go to the Workshops page of our website - www.recoverycollegesoutheast.com)



VENUE	WORKSHOP NAME	DATES	
Recovery College South East (In-house and Online Workshop)	<u>Creative Writing</u> This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious about creative writing.	Every Wednesday from 19 th April	3pm – 4pm
Involvement Centre, Kilkenny (In-house workshop only)	<u>Creative Writing</u> 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.	Every Friday starting on 21 st April	11am – 12pm
Involvement Centre, Carlow (In-house workshop only)	<u>Creative Writing</u> 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, give it a go.	Every Friday starting on 14 th April	11.30am – 12.30pm
Recovery College South East (On-site workshop only)	<u>Growing towards Health and Wellness</u> This is an outdoor workshop. For more information, see workshop description – page 7	Monday 17 th April	10am – 12pm
Zoom (Online only)	<u>Mental Health and Family Caring, Supporting the Supporter (5 week workshop)</u> Mental Health and Family Caring: Supporting the Supporters, is a five-week programme for family members supporting a loved one living with a mental health challenge. It was coproduced in partnership with Family Carers Ireland and people with lived experience of a mental health challenge alongside family members	Tuesday 18 th , 25 th April and Tuesday 2 nd , 9 th , 16 th May	10am – 1pm
Recovery College South East (In-house and online workshop)	<u>Understanding and Managing Anxiety (4 week Workshop)</u> For people who want to learn more about the facts of anxiety and learn practical and effective ways of managing and living with anxiety.	Tuesday 18 th , 25 th April and Tuesday 2 nd and 9 th May	7pm – 9pm
Recovery College South East (In-house and Online Workshop)	<u>Understanding and Living with Hearing Voices, Morning Workshop</u> 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.	Friday 21 st April	10am – 12.30pm
Recovery College South East Online – Zoom	<u>Support Group for people who live with Anxiety</u> This peer support group will give you an opportunity to share openly and safely your personal experience of anxiety and also learn coping tips and tools from others who have experience of anxiety.	Monday 24 th April	2.30pm
Recovery College South East (In-house and Online Workshop)	<u>Understanding and Managing Anger</u> What is Anger? Why do we feel it? Does Anger affect your wellbeing and quality of life? Anger is a natural powerful emotion that we all experience from time to time. However unchecked, it can impact negatively in our lives.	Wednesday 26 th April	10am – 12.30pm
Recovery College South East (In-house and Online Workshop)	<u>Understanding and living with Psychosis /Paranoia Morning Workshop</u> While psychosis/paranoia 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 paranoia and learn effective ways of living well with it	Friday 28 th April	10am – 12.30pm