BRIGHTON & HOVE RECOVERY COLLEGE

SPRING TIMETABLE 2026

Mental Health & Self-Management

Course	Location	Time	Day	Dates
ADHD	35 New England St	11:00 -1300	Monday	March 2nd, 9th, 16th, 23rd and 30th
Anxiety Management	35 New England St	13:00 -1500	Thursday	Mar 12th, 19th, 26th, Apr 2nd & 9th
Building Confidence	Online	10:30 - 12:45	Tuesday	March 10 th , *17 th , *24 th & 31 st
				*session finishes at 12.15
Complex Emotional Needs (CENS)	35 New England St	11:00 - 13:00	Thursday	Feb 5th, 12th, 19 th , 26th & Mar 5th
Emotional Regulation	Preston Park	13:30 - 15:30	Monday	March 9 th , 16 th , 23 th & 30th
Living Well with Long Term Physical Health Conditions	35 New England St	13:00 - 15:30	Monday	Feb 2nd, 9th,16th, 23rd & March 2nd
Managing Depression	Online	13:00 - 15:00	Thursday	Feb 5th, 12th, 19 th , 26 th & Mar 5th
Understanding Autism	35 New England St	14:00 - 16:00	Thursday	Feb 19 th & 26 th , Mar 5 th & 12th
Understanding Bipolar	Online	10:30 - 12:30	Thursday	Mar 12th, 19th, 26th, Apr 2nd & 9th
Understanding Psychosis	Online	14:30 –16:30	Tuesday	Feb 3rd, 11th, 17th & 24th

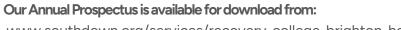
Health & Wellbeing

Cooking for Recovery	Preston Park	11:00 - 14:00	Monday	Jan 26th, Feb 2nd, 9th, 16 th & 23rd
Developing Self Esteem	Online	10:30 - 12:45	Tuesday	Feb 3rd, *10th,*17th & 24th
				* session finishes at 12.15
Mindfulness for Recovery & Wellbeing	35 New England St	14:00 - 16:30	Tuesday	Feb 3rd,10th & 17th

Note: When registering for a course, you must be able to attend all dates for that course.











Starting your Recovery Journey

Workshop	Location	Time	Day	Dates
What Does Recovery Mean to You?	35 New England St	10:30 - 15:30	Tuesday	3rd March

Mental Health & Self-Management

Self-Care: why is it important and how do we make it happen?	Online	11:00 - 12:30	Thursday	2nd & 9th April
Understanding Autism	Preston Park	10:00 –16:00	Monday	9th February

Creative & Discovery

Drama Games For Confidence	ТВС	12:30 –15:30	Tuesday	24th February
Mindful Photography	TBC	11:00 –15:30	Tuesday	17th March
Needle Felting	35 New England St	14:00 –16:30	Thursday	12th February

Note: Workshops are single sessions that you attend just once, unless stated otherwise.







