



New Leaf Recovery and Wellbeing College

Inspiring Hope, Opportunity and Control



Summer term timetable 2022

FREE courses and seminars to support your mental wellbeing and personal recovery.



Hertfordshire Partnership University
NHS Foundation Trust





New Leaf Recovery and Wellbeing College

FREE courses and seminars to support your mental wellbeing and recovery.

At the college, we offer hope for the future despite life's challenges, opportunity, learning from other students experiences, equipping students with the skills to make changes to support their wellbeing. The college is not somewhere to obtain qualifications but to learn self-management and personal development. Our ethos is to increase students' knowledge and skills and help them take control by learning self-management strategies to help their mental health and wellbeing.

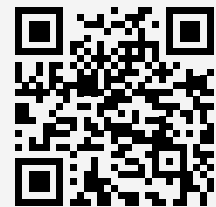
New Leaf Recovery and Wellbeing College is passionate about making sure students are placed at the centre of all we do. We can build on peoples' strengths and work together collaboratively at every level, assisting the individual in their personal recovery journey to share and empower others on their personal recovery.

Our courses are free of charge and available to all Hertfordshire residents aged 18+

Enrolment and course bookings

We continually review and add courses throughout the year. For the most up to date information, or to enrol, please visit:

www.newleafcollege.co.uk or call 01442 864966



For more information about the college, recovery, development opportunities and access to resources, visit our website or request a copy of our brochure.

April - July 2022			
Getting comfortable with Zoom	Wed 20th April	10:00am - 12:00pm	Zoom
No decision about me without me: shared decision making	Thur 21st April Thur 28th April	Day 1: 10:00am - 1:00pm Day 2: 10:00am - 1:00pm	Zoom Zoom
Practicing self-care workshop	Tue 26th April	1:30pm - 3:30pm	Zoom
Understanding Anxiety	Wed 4th May	10:00am - 1:00pm	Zoom
Assertiveness communication skills workshop	Thur 5th May Thur 12th May Thur 19th May	Day 1: 10:00am - 12:00pm Day 2: 10:00am - 12:00pm Day 3: 10:00am - 12:00pm	Zoom
Spiritual self-care	Mon 9th May	10:00am - 1:00pm	Zoom
Writing creatively for wellbeing	Tues 10th May	10:00am - 1:00pm	Zoom
Why having a wellbeing plan helps personal recovery seminar	Tues 17th May	10:00am - 10:45am	Zoom
Building Healthy Relationships	Wed 18th May	1:30pm - 4:30pm	Zoom
5 ways to wellbeing	Thur 19th May	1:30pm - 4:30pm	Zoom
Sleeping well	Tue 24th May	1:30pm - 4:30pm	Zoom

Timetable continued overleaf

Employment: the pros and cons of telling your employer about your health challenges seminar	Wed 25th May	11:00am - 11:45am	Zoom
Discover to recover	Wed 25th May Wed 8th June	Day 1: 10:00am - 1:00pm Day 2: 10:00am - 1:00pm	Zoom
Understanding stress	Thur 26th May	1:30pm and 4:30pm	Zoom
Understanding depression	Wed 8th June	1:30pm - 4:30pm	Zoom
Practicing self-care workshop	Thur 9th June	10:00am - 12:00pm	Zoom
No decision about me without me: shared decision making	Thur 9th June Thur 16th June	Day 1: 10:00am - 12:00pm Day 2: 10:00am - 12:00pm	Zoom
In the moment seminar	Wed 15th June	11:00am - 11:45am	Zoom
Pressures of daily living	Wed 15th June	1:30pm - 4:30pm	Zoom
Art journalling to support mental health	Mon 20th June Mon 27th June Mon 4th July	Day 1: 10:00am - 1:00pm Day 2: 10:00am - 1:00pm Day 3: 10:00am - 1:00pm	Zoom
Spiritual self-care	Mon 20th June	1:30pm - 4:30pm	Zoom
Thinking holistically about wellness and wellbeing seminar	Tue 21st June	11:00am - 11:45am	Zoom
5 ways to wellbeing	Wed 22nd June	10:00am - 1:00pm	Zoom
Understanding & overcoming stigma	Tue 28th June	10:00am - 1:00pm	Zoom
Understanding personal recovery seminar	Tue 28th June	11:00am - 11:45am	Zoom
Acceptance and Recovery	Wed 30th June	10:00am - 1:00pm	Zoom
Sleeping well	Thur 30th June	1:30pm - 4:30pm	Zoom
Understanding medication to support mental wellbeing	Mon 4th July	1:30pm - 4:30pm	Zoom
Mindfulness for daily living	Tue 5th July Tue 12th July Tue 19th July	10:00am - 1:00pm 10:00am - 1:00pm 10:00am - 1:00pm	Zoom
Assertiveness communication skills workshop	Tue 5th July Tue 12th July Tue 19th July	Day 1: 1:30pm - 3:30pm Day 2: 1:30pm - 3:30pm Day 3: 1:30pm - 3:30pm	Zoom
Why having a wellbeing plan helps personal recovery seminar	Wed 6th July	1:30 - 2:15pm	Zoom
Pressures of daily living	Thur 7th July	Day 1: 10:00am - 13:00pm	Zoom
Building healthy relationships	Mon 11th July	1:30pm - 4:30pm	Zoom
Employment: the pros and cons of telling your employer about your health challenges seminar	Tue 12th July	11:00am - 11:45am	Zoom
Learning for wellbeing	Wed 13th July	10:00am - 1:00pm	Zoom
Writing creatively for wellbeing	Tues 19th July	1:30pm - 4:30pm	Zoom
Understanding Anxiety	Tues 19th July	10:00am - 1:00pm	Zoom



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[Book a course](#)

New Leaf Recovery and Wellbeing College is delivered by Hertfordshire Partnership University NHS Foundation Trust