



## Peer Learning Courses Timetable

The Peer Learning Courses run every **Monday, 5.30pm – 7.30pm**

Please see below for information about the topics that will be running during **2022/2023**:

| Dates              | Topics                                    |
|--------------------|---|
| 10th October 2022  | Introduction to Wellbeing                 |
| 17th October 2022  | Emotional Resilience                      |
| 24th October 2022  | Building Self-Esteem                      |
| 31st October 2022  | Understanding Self-Compassion: Day 1      |
| 7th November 2022  | Practicing Self-Compassion: Day 2         |
| 14th November 2022 | Understanding Anger                       |
| 21st November 2022 | Assertiveness                             |
| 28th November 2022 | Mental Health & Pain                      |
| 5th December 2022  | Mental Health & Nutrition                 |
| 12th December 2022 | Understanding Low Mood and Depression     |
| 19th December 2022 | Overcoming Anxiety & Fear                 |
| 9th January 2023   | Mindfulness & Relaxation                  |
| 16th January 2023  | Fear of Relapse                           |
| 23rd January 2023  | Learning to Accept Change and Uncertainty |
| 30th January 2023  | Overcoming Social Anxiety                 |
| 6th February 2023  | Isolation & Loneliness                    |
| 13th February 2023 | Building Positive Relationships           |
| 20th February 2023 | Stress Management and Burnout             |
| 27th February 2023 | Sleep Well                                |
| 6th March 2023     | Hope                                      |
| 13th March 2023    | One Mind, One Body                        |