



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 2023 & 2024:

Dates	Topics
25/09/2023	Introduction to Wellbeing
02/10/2023	Emotional Resilience
09/10/2023	Building Self-Esteem
16/10/2023	Understanding Self-Compassion: Day 1
23/10/2023	Practicing Self Compassion: Day 2
30/10/2023	Understanding Anger
06/11/2023	Assertiveness
13/11/2023	Mental Health & Pain
20/11/2023	Mental Health & Nutrition
27/11/2023	Understanding Low Mood & Depression
04/12/2023	Overcoming Anxiety & Fear
11/12/2023	Mindfulness & Relaxation
18/12/2023	Learning to Accept Change & Uncertainty
08/01/2024	Fear of Relapse
15/01/2024	Overcoming Social Anxiety
22/01/2024	Isolation & Loneliness
29/01/2024	Building Positive Relationships
05/02/2024	Stress Management & Burnout
12/02/2024	Sleeping Well
19/02/2024	Daring to Dream
26/02/2024	One Mind, One Body