

On these pages, you will see a range of Recovery education sessions on offer in November & December. We hope you can join us for one... or more! To take part, please register by email or phone:



info@archesrecovery.ie



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New ways of working

Because of the ongoing Covid 19 restrictions, ARCHES have not been able to meet face to face for our planned programme. Instead, we have arranged a selection of recovery education sessions which will be delivered to small groups using the ZOOM digital platform. This technology has allowed us to stay connected with our friends and colleagues across the region.

If you would like to take part in one of these programmes but need help getting access to digital equipment or using the ZOOM programme, please contact us and we would be happy to help.

Recovery in Colour

Six sessions to inspire creativity through using words, images, sounds and colour around the theme of recovery.

Topics included:

- To introduce the concept of creativity
- Complete recovery worksheets
- Develop a personal visual journal
- Safe space to explore your own story through a selection of mixed media

6 Wednesday sessions from Nov. 11 - Dec.16
14:00 - 15:30 pm

Repeated on:

6 Friday sessions from Nov. 13 - Dec. 18:
14:00 - 15:30 pm

Exploring Stress & Anxiety

During 3 interactive workshops, we explore different types of stress and anxiety and find out what can help.

Topics included:

- Identify different forms of stress & anxiety, and how they can affect us
- Thought process involved in anxiety
- Fight / Flight / Freeze response
- Tinking errors
- Discover a range of coping strategies

Monday, Nov. 16, 23 & 30: 14:00 -15:30pm

Repeated on:

Wed. Nov. 25, Dec. 2 & 9: 19:00 -20:30pm

Recovery Essentials

Over 5 sessions, we share and discuss some of the key concepts to understanding personal recovery and it's central themes.

Session topics:

- Introduction to Recovery
- Processes of the C.H.I.M.E model
- Getting the most from your Mental Health service
- My Voice, My Choice
- Setting & achieving goals

5 Tuesday sessions from Nov. 10 - Dec. 8:
14:00 - 15:30 pm

Repeated on :

5 Wednesday sessions from Nov. 18 - Dec. 16: 10:00 - 11:30 am

Recovery for Families & Supporters

This workshop looks at the relevance of Recovery for family members and supporters.

Topics included:

- What Recovery means for families and supporters
- Introduce a family and supporter model of recovery
- Connect the CHIME model with families and supporters

Tuesday, Nov. 10: 19:00 - 20:30 pm

Repeated on:

Wednesday, Dec. 9: 2:00 - 3:30 pm

Self-care for Families & Supporters

A 1.5 hour workshop, looking at the importance of Self-Care for supporters and families.

Topics included:

- What is Self-Care ?
- Why Self-Care is important
- Barriers to Self-Care and ways to overcome them

Tuesday, Nov.17 : 19:00 - 20:00pm

Repeated on:

Wednesday, Dec. 16 : 14:00 - 15:30pm

Be Well, Stay Well

This course contains 3 sessions that share the skills and knowledge for participants to maintain wellness.

Topics included:

- Wellness planning and the five key concepts
- Tools and strategies for Wellness
- The importance of routine for a daily maintenance plan

Thursday, Nov. 12, 19 & 26: 14:00 -15:30pm

Repeated on:

Thursday, Dec. 3, 10 & 17: 14:00 -15:30 am

Me, myself & I

Over 3 sessions, we explore what **Isolation** is in today's world. We aim to identify strategies for coping and re-connecting in a meaningful way.

Topics included:

- Social & Emotional Isolation
- Introduce different types of isolation
- Effects of isolation on mental and physical health
- Coping strategies for living with isolation

Friday, Nov. 13, 20 & 27: 10:00 - 11:30 am

Repeated on:

Friday, Dec. 4, 11 & 18: 10:00 - 11:30 am

Change & Loss

Delivered over 2 sessions, this short course supports participants dealing with loss and change in their life .

Topics included:

- Different experiences of loss
- Physical and emotional reactions
- Processes of grief
- Addressing difficult feelings
- Finding acceptance & self compassion

Thursday, Nov. 26 & Dec. 3: 10:00-11:30am

Repeated on:

Thursday, Dec. 10 & 17: 10:00-11:30pm

Five Actions for Wellbeing during Tough Times

This workshop, co-produced at Mental Health Ireland, shares five simple actions we can all take to protect our mental health and maintain positive wellbeing during uncertain and challenging times.

- Connect
- Be Active
- Take notice
- Give
- Keep Learning

Friday, Nov. 6: 10:00 - 12:00 pm

Repeated on:

Tuesday, Dec. 1 : 10:00 -12:00pm

Repeated on:

Tuesday, Dec. 8 : 19:00 -21:00pm

Unwrapping our Mental Health Services

Useful information for those who are in early interactions with, or awaiting Mental Health Services.

Topics included:

- How Mental Health Services are delivered
- Find out where to get help
- Explore available service supports
- Identify recovery and community supports

Monday, Nov. 23 & 30: 14:00-15:30 pm

Repeated on:

Monday, Dec. 7 & 14: 14:00-15:30 pm

National Framework for Recovery in Mental Health

A short presentation (45 mins) on the 'National Framework for Recovery in Mental Health - 2018 - 2020' and how it sets out to guide the recovery focus of Mental Health services.

Includes the 4 key principles of:

- Centrality of Lived Experience
- Organizational Commitment
- Co-production
- Recovery Learning

Tuesday, Nov. 24 : 10:00 - 10:45am

Repeated on:

Monday Dec 7 : 10:00 -10:45 am

Recovery Principles & Practice Workshop

This evidence based workshop has been nationally co-produced to share the principles that underpin a recovery focussed service and demonstrates an useful model for Recovery.

This is an interactive workshop, facilitated by a team of 3 people – a Service User, Staff Member, and a Family-Member/Supporter. Listen to the personal narratives of their experience of their recovery journey.

Friday, Nov. 27 : 10:00 - 14:00 pm

Repeated on:

Friday, Dec. 11 : 10:00 -14:00 pm

Introduction to Co-production

This short workshop introduces the characteristics, principles & challenges of 'co-production' - the co-operative working between service users, supporters and service providers in an equal and respectful relationship.

Topics included:

- What co-prodcution is and is not
- Co-production principles
- Barriers to co-production
- Examples of co-production in action

Friday, Nov. 20 : 14:00-15:30 pm

Repeated on:

Tuesday, Dec. 8 : 10:00 - 11:30am