


# Summer Timetable

# 2024

# April

Dorset Recovery Education Centre

Monday	Tuesday	Wednesday	Thursday	Friday
22	23	24	25	26
	<b>Summer Term Begins</b>	<b>Window of Tolerance</b> Enhanced Webinar 10:30am-12:00pm	<b>Boundaries</b> Enhanced Webinar 10:30am-12:00pm	<b>Anxiety</b> Standard Webinar 10:30am-11:45am
		<b>Introduction to ADHD</b> Enhanced Webinar 1:30pm-3:30pm		
29	30			
	<b>Self Compassion</b> Standard Webinar 10:30am-11:45am			
<b>Strengths</b> Standard Webinar 1:30pm-2:45pm	<b>Introduction to Webinars</b> 1:30pm-2:30pm			

# May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<b>Making Sense of Grief – Part 1</b> Standard Webinar 10:30am-12:00pm	<b>Depression</b> Enhanced Webinar 10:30am-12:00pm	<b>Unusual Experiences</b> Enhanced Webinar 10:30am-12:00pm
		<b>Understanding ADHD – Part 1</b> Enhanced Webinar 1:30pm-3:30pm		
6	7	8	9	10
<b>Bank Holiday</b>	<b>Managing Mood – Part 1</b> Enhanced Webinar 10:30am-12:00pm	<b>Making Sense of Grief – Part 2</b> Standard Webinar 10:30am-12:00pm	<b>Personality Disorder and Complex Trauma – Part 1</b> Enhanced Webinar 10:30am-12:30pm	<b>Values</b> Enhanced Webinar 10:30am-12:00pm
	<b>Self Management Kinson</b> 1:30pm-4:00pm	<b>Understanding ADHD – Part 2</b> Enhanced Webinar 1:30pm-3:30pm		

# May 2024 Cont.


Monday	Tuesday	Wednesday	Thursday	Friday
13	14	15	16	17
<b>Living Well with Bipolar – Part 1</b> Dorchester 10:30am-1:00pm	<b>Managing Mood – Part 2</b> Enhanced Webinar 10:30am-12:00pm	<b>Recovery Bournemouth</b> 10:30am-1:00pm	<b>Personality Disorder and Complex Trauma – Part 2</b> Enhanced Webinar 10:30am-12:30pm	
<b>Understanding Autism – Part 1</b> Kinson 1:30pm-4:30pm	<b>Early Warning Signs</b> Enhanced Webinar 1:30pm-3:00pm	<b>Understanding ADHD – Part 3</b> Enhanced Webinar 1:30pm-3:30pm	<b>Introducing Mindfulness</b> Enhanced Webinar 1:30pm-3:00pm	
<b>Understanding Young Person’s Recovery</b> Enhanced Webinar Evening 7:00pm-8:30pm				
20	21	22	23	24
<b>Living Well with Bipolar – Part 2</b> Dorchester 10:30am-1:00pm	<b>Sleep</b> Standard Webinar 10:30am-11:45am	<b>Anxiety Christchurch</b> 10:30am-1:00pm	<b>Personality Disorder and Complex Trauma – Part 3</b> Enhanced Webinar 10:30am-12:30pm	
<b>Understanding Autism – Part 2</b> Kinson 1:30pm-4:30pm	<b>Introduction to ADHD</b> Weymouth 1:00pm-3:30pm	<b>Understanding ADHD – Part 4</b> Enhanced Webinar 1:30pm-3:30pm		
		<b>Self Management</b> Enhanced Webinar Evening 7:00pm-8:30pm		
27	28	29	30	31
Half term	Half term	Half term	Half term	Half term

**Find the second half of summer term on the next page.**

# June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<b>Living Well with Bipolar – Part 3</b> Dorchester 10:30am-1:00pm	<b>Exploring Emotions – Part 1</b> Standard Webinar 10:30am-11:45am		<b>Introduction to Webinars</b> 10:30am-11:30am	<b>Early Warning Signs</b> Bournemouth 10:30am-1:00pm
<b>Understanding Autism – Part 3</b> Kinson 1:30pm-4:30pm	<b>Introduction to ADHD</b> Standard Webinar Evening 7:00pm-8:30pm	<b>Unusual Experiences</b> Boscombe 1:30pm-4:00pm		
10	11	12	13	14
<b>Living Well with Bipolar – Part 4</b> Dorchester 10:30am-1:00pm	<b>Exploring Emotions – Part 2</b> Standard Webinar 10:30am-11:45am	<b>Spirituality</b> Bridport 10:30am-1:00pm	<b>Introducing Pain Management</b> Enhanced Webinar 10:30am-12:30pm	<b>Recovery</b> Standard Webinar 10:30am-11:45am
	<b>Young Adults' Discovery (18-25) – Part 1</b> Bournemouth 1:30pm-4:00pm	<b>Depression</b> Poole 1:30pm-4:00pm	<b>Making Sense of Grief – Part 1</b> Christchurch 1:00pm-4:00pm	
			<b>Understanding Autism – Part 1</b> Blandford 1:30pm-4:30pm	
17	18	19	20	21
<b>Living Well with Bipolar – Part 5</b> Dorchester 10:30am-1:00pm	<b>Window of Tolerance</b> Standard Webinar 10:30am-11:45am	<b>Dissociation</b> Weymouth 10:00am-4:00pm	<b>Making Sense of Grief – Part 2</b> Christchurch 1:00pm-4:00pm	
<b>Self Compassion</b> Shaftesbury 1:30pm-4:00pm	<b>Building Confidence with Work</b> Enhanced Webinar 1:30pm-3:00pm	<b>Change- Part 1</b> Standard Webinar 10:30am-11:45am	<b>Understanding Autism – Part 2</b> Blandford 1:30pm-4:30pm	
	<b>Young Adults' Discovery (18-25) – Part 2</b> Bournemouth 1:30pm-4:00pm			

# June 2024 Cont.

Monday	Tuesday	Wednesday	Thursday	Friday
24	25	26	27	28
<b>Living Well with Bipolar – Part 6</b> <b>Dorchester</b> <i>10:30am-1:00pm</i>	<b>Young Adults' Discovery (18-25) – Part 3</b> <b>Bournemouth</b> <i>1:30pm-4:00pm</i>	<b>Change- Part 2</b> Standard Webinar <i>10:30am-11:45am</i>	<b>Introduction to Bipolar</b> Enhanced Webinar <i>10:30am-12:00pm</i>	
	<b>Anxiety</b> <b>Sherborne</b> <i>1:30pm-4:00pm</i>	<b>Boundaries</b> <b>Wimborne</b> <i>1:30pm-4:00pm</i>	<b>Understanding Autism – Part 3</b> <b>Blandford</b> <i>1:30pm-4:30pm</i>	

# July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<b>Living Well with Bipolar – Part 7</b> <b>Dorchester</b> <i>10:30am-1:00pm</i>	<b>Values</b> Standard Webinar <i>10:30am-11:45am</i>	<b>Managing Mood – Part 1</b> <b>Boscombe</b> <i>1:30pm-4:00pm</i>	<b>Community and Belonging – Part 1</b> <b>Weymouth</b> <i>10:30am-1:00pm</i>	<b>Self Compassion</b> Enhanced Webinar <i>10:30am-12:00pm</i>
<b>Understanding ADHD – Part 1</b> <b>Dorchester</b> <i>1:30pm-4:00pm</i>		<b>Personality Disorder and Complex Trauma – Part 1</b> <b>Poole</b> <i>1:30pm-4:00pm</i>		

**July continued on the next page.**

# July 2024 Cont.

Monday	Tuesday	Wednesday	Thursday	Friday
8	9	10	11	12
<b>Living Well with Bipolar – Part 8 Dorchester</b> 10:30am-1:00pm	<b>Recovery</b> Enhanced Webinar 10:30am-12:00pm	<b>Strengths</b> Enhanced Webinar 10:30am-12:00pm	<b>Community and Belonging – Part 2 Weymouth</b> 10:30am-1:00pm	
<b>Understanding ADHD – Part 2 Dorchester</b> 1:30pm-4:00pm	<b>Window of Tolerance Blandford</b> 2:00pm-4:30pm	<b>Managing Mood – Part 2 Boscombe</b> 1:30pm-4:00pm	<b>Introducing Mindfulness Wareham</b> 10:30am-1:00pm	
		<b>Personality Disorder and Complex Trauma – Part 2 Poole</b> 1:30pm-4:00pm		
		<b>Understanding Young Person's Recovery</b> Enhanced Webinar Evening 7:00pm-8:30pm		
15	16	17	18	19
<b>Living Well with Bipolar – Part 9 Dorchester</b> 10:30am-1:00pm	<b>Depression</b> Standard Webinar 10:30am-11:45am	<b>Anxiety</b> Enhanced Webinar 10:30am-12:00pm	<b>Community and Belonging – Part 3 Weymouth</b> 10:30am-1:00pm	<b>Sleep</b> Enhanced Webinar 10:30am-12:00pm
<b>Understanding ADHD – Part 3 Dorchester</b> 1:30pm-4:00pm	<b>Self Management</b> Standard Webinar 1:30pm-2:45pm	<b>Personality Disorder and Complex Trauma – Part 3 Poole</b> 1:30pm-4:00pm	<b>Boundaries</b> Standard Webinar Evening 7:00pm-8:15pm	
22	23	24	25	26
<b>Living Well with Bipolar – Part 10 Dorchester</b> 10:30am-1:00pm	<b>Reflective Space Dorchester</b> 10:30am-12:30pm	<b>End of Term</b>		
<b>Understanding ADHD – Part 4 Dorchester</b> 1:30pm-4:00pm				
			<b>What's next?</b> We will be back with Autumn Term in mid-September!	