



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 2024:

Dates	Topics
04/03/2024	Introduction to Wellbeing
11/03/2024	Emotional Resilience
18/03/2024	Building Self-Esteem
25/03/2024	Understanding Self-Compassion: Day 1
08/04/2024	Practicing Self Compassion: Day 2
15/04/2024	Understanding Anger
22/04/2024	Assertiveness
29/04/2024	Mental Health & Pain
13/05/2024	Mental Health & Nutrition
20/05/2024	Understanding Low Mood & Depression
03/06/2024	Overcoming Anxiety & Fear
10/06/2024	Mindfulness & Relaxation
17/06/2024	Learning to Accept Change & Uncertainty
24/06/2024	Fear of Relapse
01/07/2024	Overcoming Social Anxiety
08/07/2024	Isolation & Loneliness
15/07/2024	Building Positive Relationships
22/07/2024	Stress Management & Burnout
29/07/2024	Sleeping Well
05/08/2024	Daring to Dream
12/08/2024	One Mind, One Body