



Recovery College

What is a Recovery College?

- Opportunity to get involved with planning and running workshops that are meaningful to you supported by staff
- Opportunity to choose what they want to learn about
- Encouragement and training in running your sessions

This is your opportunity to have your say in what sorts of classes the recovery college at Ty Catrin will run

- What courses and workshops would you like?
- What are you interested in learning about?

Workshops or courses I would like Things I would like to learn about	Would you like to help run it in the future?	Any questions?

Name

Please ask to speak to **OT/ward staff** if you need assistance with completing this form



RECOVERY COLLEGE

'IT'S WHERE YOU CAN DISCOVER YOUR POTENTIAL'

'IT'S LEARNING NEW SKILLS'

'HAS AN EDUCATION FOCUS'

*'ITS WHERE YOU HAVE A VOICE ABOUT WHAT YOU LEARN AND HOW YOU
DO IT'*

BE PART OF IT