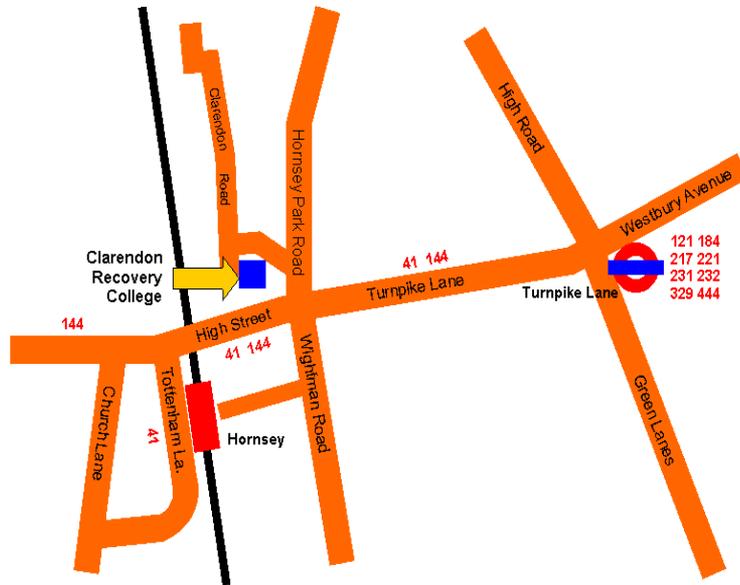


Clarendon Recovery College Prospectus 2020



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COURSES

Understanding mental health issues and their treatment

<p>Online presentation and booklet</p>	<p>UNDERSTANDING MY ANGER AND FRUSTRATION</p> <p>Many people are struggling with feelings of frustration and anger during this pandemic. This course will explore how we can better understand anger, identify better ways to control anger and how we can manage these feelings during this difficult time.</p>
<p>Online presentation and booklet</p>	<p>COPING WITH ANXIETY</p> <p>Everyone experiences periods of anxiety at some stage in their lives. We can feel tense, uncertain, fearful or nervous.</p> <p>This session will explore your concerns, whilst you find out about support, treatments and self-help groups available in your community to help you or somebody you know manage anxiety.</p>

Understanding mental health issues and their treatment

UNDERSTANDING MENTAL HEALTH

Online
presentation

This course will introduce and explore the continuum of mental health and mental illness .

The course aims to educate students, carers, family and friends about the symptoms, causes and treatment options associated with mental health

COPING WITH DEPRESSION

Online
presentation
And booklet

This course will explore depression, signs and symptoms and its causes. It will provide you with effective skills for managing your own day-to-day mood and experience such as; Reactivating your life, thinking realistically, and solving problems.

By the end of the session will be able to develop your own depression management plan

Rebuilding your life – the road to recovery

COPING WITH CHANGE

Online
presentation
and booklet

In this session you can explore how to identify what is within your control and what is outside your control.

Tasks to support you to identify your, feelings, and core beliefs

Where to get support if needed and develop a self-care action plan at, your own pace.

A GOOD NIGHT'S SLEEP

Online
presentation
and booklet

Getting a good night's sleep is key to both our mental and physical health. Evaluate the relationship between sleep and mental health (i.e. anxiety and depressive disorders)

Evaluate how diet and exercise can affect sleep quality

Rebuilding your life – the road to recovery

<p>Online presentation and booklet</p>	<p>BUILDING RESILIENCE</p> <p>This course will explain resilience, what it is and why it is so important to maintaining good mental health.</p> <p>It will then provide some straightforward advice and steps you can take to develop your own resilience</p>
<p>Online presentation</p>	<p>MEDITATION AND RELAXATION - Step by step guide</p> <p>This sessions will explore meditation and examine why we meditate</p> <p>It will identify the benefits of meditation and relaxation and demonstrate how to meditate on your own using an easy step by step video.</p>
<p>Online presentation and booklet</p>	<p>FINDING HAPPINESS DURING THE COVID-19 OUTBREAK</p> <p>As Covid-19 spreads fear, it becomes the greatest disruptor to our way of life and our happiness. Positive emotions are the key to boost our immune system and unlocking the door to our happiness.</p>