



Winter Semester 2024

#FindYourWay



01463 236507

connection | hope | belonging

centred.scot/
discoverycollege



Welcome to the Highland's first discovery college

Welcome to **discovery college** the Highland's first college dedicated to helping individuals gain a deeper understanding of wellbeing, mental health, and/or substance use. Our college offers a unique learning experience that provides individuals with the skills and knowledge to improve their overall quality of life.

At **discovery college**, we offer a range of courses continually co-developed and co-delivered by a team of highly qualified subject experts, peer supporters, and individuals with lived experience. Our aim is to empower you to better manage and cope with life's challenges, allowing you to achieve personal growth and a sense of purpose.

Whether you're looking to expand your knowledge, acquire new skills, or simply want to explore opportunities for the future, our college provides a welcoming environment for all. We believe that everyone can benefit from the courses offered at **discovery college**, regardless of where you are on your life's journey. You don't need any qualifications to join us, just an open mind and a willingness to participate.

As a student of discovery college, you will have the opportunity to build connections, experience personal and community empowerment, and develop an underlying sense of hope. So why not enrol today and take the first step towards a brighter future? **We look forward to welcoming you!**

How you can support us:

If you would like to become a funding partner of **discovery college** and make a real difference to the wellbeing of the Highlands contact: discoverycollege@centred.scot
We are grateful for any support and donations. **Scan our QR code to donate today.**



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Who is it for?

Everyone!

We are a community led and embedded college open to anyone who wants to find out more about and improve mental health and wellbeing.

No diagnosis or referral is necessary.

What do we do?

Support your Discovery Journey

We offer a range of fully supported courses and development opportunities, from coffee and a chat to peer supporter training and employment opportunities.

Our courses look at all aspects of mental health, wellbeing and recovery and can help you learn more about your own journey while supporting others.

As well as an opportunity for learning, the college offers a sense of connection, hope and belonging.



Course schedule - Winter

Lean Into Leadership

If you're excited about taking an active part in **discovery college** and feel that you still have more potential waiting to be unleashed, then we think you'll love this course! It's designed to empower you with valuable skills for building connections with others, sharing your own insights into mental health and recovery, and ultimately helping to shape the future of both **discovery college** and yourself.

START DATE: January 18th, 2024

END DATE: February 1st, 2024

TIME: 2-4pm

LOCATION: Inverness

SESSIONS: 3 [Click here to book!](#)

Calm to Connect

Join us for an hour of relaxation on a Monday morning. Over the four weeks you will learn a little about different styles of meditation with time to put this into practice. In each session, we will discuss meditation, you will have opportunity to share any personal experiences and discuss a little bit about the benefits of each week's practice.

START DATE: January 22nd, 2024

END DATE: February 12th, 2024

TIME: 2-3pm

LOCATION: Online

SESSIONS: 4 [Click here to book!](#)

Self-Care Sessions

We'd love for you to join us on a four-week journey of self-care! Our weekly sessions are two hours long, with a refreshing tea break in between to help you relax and recharge. During our time together, you'll enjoy soothing yoga, engaging mindfulness exercises, and a peaceful meditation to top it all off. This is the perfect opportunity to prioritise some much-needed "me time" while also connecting with new friends.

START DATE: January 19th, 2024

END DATE: February 9th, 2024

TIME: 10:30-12:30pm

LOCATION: Caithness

SESSIONS: 4 [Click here to book!](#)

Creative Corner

We'd love for you to join us on a four-week journey. Join us for a four session block exploring your creativity. Don't worry if you don't think you're 'arty' - we promise you will find your way.

START DATE: January 24th, 2024

END DATE: February 14th, 2024

TIME: 10.30 - 12.30pm

LOCATION: Inverness

SESSIONS: 4 [Click here to book!](#)

"There is hope, even when your brain tells you there isn't."

Sarah

Course schedule - Winter

Managing your Inner Critic

Are you your own worst critic? Do you find it difficult to think positively about yourself? Join us to understand yourself better and learn tools to practice being kinder to yourself. It can be much easier to be kind to other people than to yourself – in this course we will explore how you talk to yourself and where that might come from. You'll learn tips and tricks to re-train your brain towards more positive thinking and kinder self-talk.

START DATE: January 24th, 2024

END DATE: January 31st, 2024

TIME: 2-4pm

LOCATION: Inverness

SESSIONS: 2 [Click here to book!](#)

Health Inequalities

Run in partnership with the NHS, this short course is for anyone who recognises their role has or could have an impact on health inequalities and would like to find out more about what health inequalities are and what we can do about them.

START DATE: February 1st, 2024

END DATE: February 1st, 2024

TIME: 10-12pm

LOCATION: Online

SESSIONS: 1 [Click here to book!](#)

Self-Harm Training

Would you like a better understanding of self-harm what it is and who it effects? This short course delivered in partnership with Penumbra and the Self-Harm Network Scotland, is an excellent introduction.

START DATE: January 30th, 2024

END DATE: January 30th, 2024

TIME: 2-3pm

LOCATION: Online

SESSIONS: 1 [Click here to book!](#)

Finding Your Voice

This course will help you to find your voice and improve your personal and professional relationships. We will look at different communication styles and what your preferred style is. We will explore assertiveness and how being more assertive can help you find your voice. By the end of the course, you will have a toolbox of strategies to help you say no, make requests and respond to or give feedback. Book now to find YOUR voice.

START DATE: February 14th, 2024

END DATE: February 21st, 2024

TIME: 2-4pm

LOCATION: Inverness

SESSIONS: 2 [Click here to book!](#)

"We are all here together"
Harry

What people are saying...

"There are so many exciting opportunities, join us today!"

Callum



Course schedule - Winter

Managing your Inner Critic

Are you your own worst critic? Do you find it difficult to think positively about yourself? Join us to understand yourself better and learn tools to practice being kinder to yourself. It can be much easier to be kind to other people than to yourself – in this course we will explore how you talk to yourself and where that might come from. You'll learn tips and tricks to re-train your brain towards more positive thinking and kinder self-talk.

START DATE: February 20th, 2024

END DATE: February 27th, 2024

TIME: 2-4pm

LOCATION: Lochaber

SESSIONS: 2 [Click here to book!](#)

Finding Your Voice

This course will help you to find your voice and improve your personal and professional relationships. We will look at different communication styles and what your preferred style is. We will explore assertiveness and how being more assertive can help you find your voice. By the end of the course, you will have a toolbox of strategies to help you say no, make requests and respond to or give feedback. Book now to find YOUR voice.

START DATE: February 23rd, 2024

END DATE: March 1st, 2024

TIME: 10:30-12:30pm

LOCATION: Caithness

SESSIONS: 2 [Click here to book!](#)

Lean Into Leadership

If you're excited about taking an active part in **discovery college** and feel that you still have more potential waiting to be unleashed, then we think you'll love this course! It's designed to empower you with valuable skills for building connections with others, sharing your own insights into mental health and recovery, and ultimately helping to shape the future of both discovery college and yourself.

START DATE: February 22nd, 2024

END DATE: March 7th, 2024

TIME: 2-4pm

LOCATION: Online

SESSIONS: 3 [Click here to book!](#)

Calm to Connect

Join us for an hour of relaxation on a Monday morning. Over the four weeks you will learn a little about different styles of meditation with time to put this into practice. In each session, we will discuss meditation, you will have opportunity to share any personal experiences and discuss a little bit about the benefits of each week's practice.

START DATE: March 4th, 2024

END DATE: March 25th, 2024

TIME: 2-3pm

LOCATION: Online

SESSIONS: 4 [Click here to book!](#)

Course schedule - Winter

Creative Corner

We'd love for you to join us on a four-week journey. Join us for a four-session block exploring your creativity. Don't worry if you don't think you're 'arty' - we promise you will find your way.

START DATE: March 6th, 2024

END DATE: March 27th, 2024

TIME: 10.30 - 12.30pm

LOCATION: Inverness

SESSIONS: 4 [Click here to book!](#)

Conversations that matter

Improve your conversation skills and learn to communicate with ease, assertiveness, and empathy. Enroll in our four-week course to gain a better understanding of body language, conflict resolution, and creating meaningful conversations. Start building stronger relationships and developing essential skills for personal and professional growth.

START DATE: March 6th, 2024

END DATE: March 27th, 2024

TIME: 2-4pm

LOCATION: Inverness

SESSIONS: 4 [Click here to book!](#)

Self-Care Sessions

Join us for four weeks of self-care! Our weekly sessions run for two hours, with a tea break in between to recharge. Enjoy relaxing yoga, creative mindfulness activities, and a final calming meditation. Take time for yourself and make new friends.

START DATE: March 8th, 2024

END DATE: March 29th, 2024

TIME: 10:30-12:30pm

LOCATION: Caithness

SESSIONS: 3 [Click here to book!](#)

Self-Harm Training

This half-day course delivered in partnership with Penumbra and the Self-Harm Network Scotland, takes a deeper dive into the underlying reasons for self-harm and how we can support someone who self-harms.

START DATE: March 26th, 2024

END DATE: March 26th, 2024

TIME: 1:30-4:30pm

LOCATION: Online

SESSIONS: 1 [Click here to book!](#)

Meet the team

Donna Booth discovery college manager

Our **discovery college** manager, Donna Booth has a lengthy career in wellbeing. Running her own Caithness based practice for 15 years providing training and support to organisations throughout the UK.

Donna is excited about the potential **discovery college** has to make a difference to the people of the Highlands.



Peer Supporters

Every course has an assigned Peer Supporter. They will contact students before the course to make sure they are ok and to identify any additional needs. They will be a friendly face during sessions and will be there for anyone who needs extra support.

They are the heart of **discovery college**.

Subject Experts

All our courses are delivered by Subject Experts. Every course that is delivered in the college is reviewed and approved by the people it matters to most - our students. You can become part of that development group by joining our Lean into Leadership course.

Our students and peer supporters are some of our most important subject experts.



How you can support us:

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We are grateful for any support and donations. **Scan our QR code to donate today.**



What people are saying...

"We are all here together."
Harry





 @discoverycoll

 @discovery.college.scot

 @discovery.college.scot

How to Book

We want to make it as easy as possible to book our courses and the website is probably the easiest way to do that (link below).

You can book for yourself or for someone else but if you're booking for someone else, please make sure you have their permission.

If you are struggling with online booking, contact us through the number or email below and one of our peer supporters will help.

Website: centred.scot/discoverycollege

Email: discoverycollege@centred.scot

Phone: **01463 236 507**

We are grateful for any support and donations. **Scan our QR code to donate today**

