



# Course Descriptions & Dates

## Summer Term 2026

April, May, June & July



Dorset Wellbeing & Recovery Partnership



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# Welcome

The Discovery Project and The Dorset Recovery Education Centre (REC) is jointly delivered by Dorset HealthCare and Dorset Mental Health Forum, a local peer-led charity (as part of the Dorset Wellbeing & Recovery Partnership - see page 20).

The Discovery Project and the REC co-develops and co-delivers educational based courses and resources focusing on recovery, wellbeing and shared learning, bringing together the expertise of professionals and people with lived experience.

Our courses are available to people with personal experience of mental health difficulties as well as carers, friends, family, and supporters including staff.

The focus is on shared learning, self determination and choice. The Discovery Project and the REC provides opportunity to explore and understand experiences and to recognise and develop skills and tools which may help in your recovery journey.

## Joining our courses

To book onto any courses you first need to be registered and enrolled. If you are already enrolled as a student and would like to access a course, please contact the team on **01202 584478** or email us at **dhc.recovery.educationcentre@nhs.net** and, subject to availability, we will book you a space. Please remember spaces are limited and allocated on a first come, first served basis.

We recommend students pace their learning and limit the number of sessions you book to around 5-6 per term. This will give valuable time to put in place some of your learning and follow up any self-directed learning. As we have limited course numbers, it also allows more people to attend each term.

## Find us online

You can search our REC website online. To directly access our Courses webpage please scan the QR code.



There you will find our Timetable digitally with accessibility tools available at the top of the page e.g. contrast, text size and translate.

If you would like our term details emailed or posted to you instead, please contact our office on the details above.

# Courses for Supporters of Young People

## Understanding Young Person's Recovery: A Course for Supporters of Young People



This webinar is delivered by the Discovery Project for parents, carers and supporters of young people. It aims to share and explore an understanding of young people's mental health, the challenges they face and how the concept of recovery can translate to them. There will be an opportunity to start exploring how supporting a young person can affect your own wellbeing and ways to look after ourselves.

Date(s)	Time	Format	Location
Tuesday, 12 May 2026	7:00pm-8:30pm	Enhanced Webinar	Online

## Exploring Boundaries for Young Adults: A Course for Supporters of Young People



This course is delivered by the Discovery Project for parents, carers and supporters of young people. Exploring and talking about boundaries with young people can often feel difficult. This one-session course explores what boundaries are, why they matter, and how they help us build relationships that work well for us. We'll also look at why setting boundaries can feel uncomfortable or challenging and share practical ways to build confidence in putting them into place.

Date(s)	Time	Format	Location
Tuesday, 14 July 2026	7:00pm-8:30pm	Enhanced Webinar	Online

## Window of Tolerance: A Course for Supporters of Young People



This course is delivered by the Discovery Project for parents, carers and supporters of young people.

This course helps you build a compassionate understanding of how young people experience the world today through the lens of the Window of Tolerance and emotional regulation. Together, we'll explore what the Window of Tolerance is, how stress and overwhelm can show up in young people, and how our own responses can support or stretch their sense of safety.

Across the three sessions, we'll introduce practical strategies and offer space to build confidence in having gentle, supportive conversations with a young person. We'll explore accessible, strengths focused ways to talk about tools and coping strategies that you can use together in everyday life.

Date(s)	Time	Format	Location
Wednesday, 24 June 2026 & Wednesday, 1 July 2026 & Wednesday, 8 July 2026 3 Sessions	10:00am-12:00pm	Enhanced Webinar	Online

## Introduction to Anxiety: A Course for Supporters of Young People



This one session course is delivered by the discovery Project for parents, carers and supporters of young people. In this introductory session we will explore what anxiety can look and feel like for young people today and what might support them.

Date(s)	Time	Format	Location
Wednesday, 15 July 2026	10:00am-11:30am	Enhanced Webinar	Online

## Managing Anxiety as a Young Adult: A Course for Supporters of Young People



This course is delivered by the Discovery Project for parents, carers and supporters of young people. The world today presents a unique set of challenges for younger generations. Together over two sessions we will explore what anxiety is and how it can show up for young people in their lives. We will explore how we take in the world through our senses and how we can use an understanding of this to support young people. We will explore how to build a practical tool kit with the young people we support in mind to support them in understanding anxiety.

Date(s)	Time	Format	Location
Please note that this course is due to run in the Autumn Term of 2026			

# Courses for Young Adults (18-25)

## Safer Connections: A Course for Young Adults (18-25 Years)



This one session introductory course looks at how safer, more meaningful connections can support our wellbeing as young adults today. We'll explore what helps connections to feel safe and respectful. We will also look at simple ways to navigate the common challenges of building and maintaining connections in the world today.

Date(s)	Time	Format	Location
Tuesday, 7 July 2026 (18-25 Years only)	3:00pm-4:30pm	Standard Webinar	Online

## Tackling Loneliness and Making Connections for Young Adults (18-25 Years)



This course is delivered by the Discovery Project for adults aged 18–25. Across two sessions, we will explore what connection means and the difference between belonging and simply fitting in. We'll look at how loneliness affects wellbeing and the common challenges young adults face. Together, we'll think about practical ways to overcome these barriers and build a stronger sense of connection in daily life.

Date(s)	Time	Format	Location
Monday, 15 June 2026 & Monday, 22 June 2026 2 Sessions (18-25 Years only)	1:00pm-2:15pm	Standard Webinar	Online

## Exploring Boundaries for Young Adults (18-25 Years)



Delivered by the Discovery Project for adults aged 18–25. This one-session course explores what boundaries are, why they matter, and how they help us build relationships that work well for us. We'll also look at why setting boundaries can feel uncomfortable or challenging and share practical ways to build confidence in putting them into place.

Date(s)	Time	Format	Location
Wednesday, 20 May 2026 (18-25 Years only)	1:00pm-2:30pm	Enhanced Webinar	Online

## Introduction to Anxiety for Young Adults (18-25 Years)



This one session course is delivered by the discovery Project for young adults aged 18-25 years. In this introductory session we will explore what anxiety can look and feel like for us. We will then move on to looking at what can support us.

Date(s)	Time	Format	Location
Wednesday, 10 June 2026	1:00pm-2:30pm	Standard Webinar	Online

## Managing Anxiety as a Young Adult (18-25 Years)



This course is delivered by the Discovery Project for adults aged 18-25. The world today presents a unique set of challenges for this generation. Together over two sessions we will explore what anxiety is and how it can show up in our daily lives. We will explore how we take in the world through our senses and how we can use an understanding of this to build a practical tool kit to support us in managing anxiety.

Date(s)	Time	Format	Location
Please note that this course is due to run in the Autumn Term of 2026			

## Resources

You can also find open access resources online, relating to these topics and many more, including, Being Heard, Five Steps to Wellbeing and Bitesize Skills. Just scan the QR code.



### Delivered by

Dorset Wellbeing & Recovery Partnership



To find out more, visit:  
[www.dorsetmentalhealthforum.org.uk/about/wellbeing-and-recovery-partnership](http://www.dorsetmentalhealthforum.org.uk/about/wellbeing-and-recovery-partnership)