

## Timetable

### Term 2: Jan - Mar 2021

Course	Date	Time	Venue
<b>Visualisation for Relaxation</b> 1 x session of 1 hour	Tues 12th Jan 2021	4pm – 5pm	Zoom
<b>Progressing with Visualisations</b> 1 Session of 1.5 hours	Tues 19th Jan 2021	12.30pm – 2pm	Zoom
<b>Experience Stories &amp; Creative Positivity</b> 3 sessions of 1.5 hours each	Weds 20th, 27th Jan & 3rd Feb 2021	1.30pm – 3pm	Zoom
<b>Visualisation for Relaxation</b> 1 x session of 1 hour	Tues 26th Jan 2021	12.30pm – 1.30pm	Zoom
<b>Progressing with Visualisations</b> 1 Session of 1.5 hours	Tues 2nd Feb 2021	12pm – 1.30pm	Zoom
<b>Ways to Wellbeing: Give</b> 2 sessions of 2 hours each	Tues 9th & 16th Feb 2021	1pm – 3pm	Zoom
<b>Progressing with Visualisations</b> 1 Session of 1.5 hours	Weds 10th Feb 2021	11.30am – 1pm	Zoom
<b>Visualisation for Relaxation</b> 1 Session of 1 hour	Weds 17th Feb 2021	12.30pm – 1.30pm	Zoom
<b>Progressing with Visualisations</b> 1 Session of 1.5 hours	Tues 23rd Feb 2021	12pm – 1.30pm	Zoom
<b>Long Term Conditions: That's Life!</b> 6 sessions of 2 hours each	Weds 24th Feb, 3rd, 10th, 17th, 24th & 31st Mar 2021	1.30pm – 3.30pm	Zoom
<b>Progressing with Visualisations</b> 1 Session of 1.5 hours	Tues 2nd Mar 2021	12pm – 1.30pm	Zoom
<b>Ways to Wellbeing: Connect</b> 2 sessions of 2 hours each	Thurs 4 <sup>th</sup> & 11 <sup>th</sup> Mar 2021	1pm – 3pm	Zoom
<b>My Rested Self: Sleep</b> 1 session of 2 hours	Tues 9th Mar 2021	11am – 1pm	Zoom
<b>Visualisation for Relaxation</b> 1 Session of 1 hour	Fri 12th Mar 2021	3pm – 4pm	Zoom
<b>Progressing with Visualisations: "The Ocean"</b> 1 Session of 1.5 hours	Weds 17th Mar 2021	1pm – 2.30pm	Zoom
<b>Visualisation for Relaxation</b> 1 Session of 1 hour	Weds 24th Mar 2021	11.30am – 12.30pm	Zoom
<b>Progressing with Visualisations: "The Ocean"</b> 1 Session of 1.5 hours	Tues 30th Mar 2021	12.30pm – 2pm	Zoom

Full descriptions of the courses can be found in our prospectus. The prospectus and registration form is on the website <http://inclusionthurrock.org/recovery-college/>. Or contact us for a hard copy on 01375 898 680.