

Timetable – January - April 2022



Course	Date	Time	Venue
Ways to Wellbeing: Connect 2 sessions of 2 hours	Wed 5 & 12 January	2pm – 4pm	Zoom
Visualisation for Relaxation 1 session of 1 hour	Mon 17 January	11.30am – 12.30pm	Zoom
My Rested Self: Sleep 3 sessions of 2 hours	Wed 19, 26 January & 2 February	11.30am – 1.30pm	Zoom
Experience Stories & Creative Positivity 3 sessions of 2 hours	Tues 25 January, 1 & 8 February	1:30pm – 3:30pm	Zoom
Laughter & Humour for Wellbeing 1 session of 2 hours	Wed 9 Feb	3pm – 5pm	Zoom
Ways to Wellbeing: Be Active 2 sessions of 2 hours	Wed 23 February & 2 March	2pm – 4pm	Zoom
Introduction to Anxiety 2 sessions of 2 hours	Fri 4 & 11 March	10am – 12pm	Zoom
Communication Skills 2 sessions of 2 hours	Mon 7 & 14 March	2pm – 4pm	Zoom
My Rested Self: Relaxation 3 sessions of 2 hours	Wed 2, 9 & 16 March	2pm – 4pm	Zoom
Understanding Depression Online 3 sessions of 2 hours	Tues 15, 22 & 29 March	2pm – 4pm	Zoom

Timetable – January - April 2022



Course	Date	Time	Venue
NEW RC Mindfulness Walk 1 session of 1 hour	Mon 21 March	3pm – 4pm	Davy Downs, South Ockendon
NEW Identity & Personality: An Intro 2 sessions of 1.5 hours	Tues 29 March & 5 April	2.30pm – 4pm	Zoom
Progressing with Visualisations: “The Ocean” 1 session of 1.5 hours	Wed 30 March	1pm – 2.30pm	Zoom

Full descriptions of the courses can be send to you via email request to thurrockcollege@mpft.nhs.uk. Or contact us for a hard copy of up to 3 flyers on

Tel: 01375 898 680.

Our website is currently undergoing some development <http://inclusionthurrock.org/recovery-college/>.

If you are new to the college, you can put in an Expression of Interest in the below link for wanting to attend our courses and a member of staff will be in touch: https://mindrecovery.net.org.uk/providers_profile/inclusion-thurrock-recovery-college/