**Thurrock Recovery College**

**Autumn Timetable: September – December 2022**

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| **Course Name** | **No of Sessions & Duration** | **Date** | **Venue** | **Time** | **Status** |
| **Communicating with Confidence** | 4 sessions of 2 hours | Wed 7th Sep to 28th Sep | Grays | 6pm - 8pm | FULL |
| **Visualisation for Relaxation** | 1 session of 1 hour | Fri 23rd Sep | **Online** | 2pm - 3pm | Completed |
| **Visualisation for Relaxation** | 1 session of 1 hour | Fri 30th Sep 2022 | **Online** | 3pm – 4pm | Places available |
| **Understanding Depression** | 3 session of 2 hours | Thu 13th Oct to 27th Oct | South Ockendon | 2pm - 4pm | Places available |
| **Bipolar & Me** | 4 session of 2 hours | Thu 10th Nov to 1st Dec | Grays | 10am - 12pm | Places available |
| **Introduction to Anxiety** | 2 sessions of 2 hours | Tue 6th Dec & 13th Dec | **Online** | 10am - 12pm | FULL |
| **Ways to Wellbeing: Connect** | 2 sessions of 2 hours | Fri 18th Nov & 25th Nov | Tilbury | 1pm - 3pm | FULL |
| **Food and Mood - Pilot Hybrid** | 3 sessions of 2 hours | Tue 22nd Nov & 6th Dec | Grays | 10am - 12pm | FULL |