

Thurrock Spring Timetable: January - March 2023

Course Name	No of Sessions & Duration	Date	Venue	Time
Ways to Wellbeing: Be Active	2 sessions of 2 hours	Thu 12th and 19th Jan 2023	Chafford Hundred	11am - 1pm
Creating Mindfulness	4 sessions of 2 hours	Fri 13th Jan to 3rd Feb	Aveley	2pm - 4pm
Introduction to Anxiety	2 sessions of 2 hours	Mon 16th and 23rd Jan	Online - Zoom	6pm - 8pm
Visualisation for Relaxation	1 session of 1 hours	Tue 24th Jan	Online - Zoom	5pm - 6pm
Communicating with Confidence	4 sessions of 2 hours	Thu 2nd to 23rd Feb	Chadwell	11am - 1pm
Creating Mindfulness	4 sessions of 2 hours	Fri 13th Feb to 6th Mar	Online - Zoom	10am – 12pm

Feel free to call us on **07976 970 858 / 01375 809 708** for any questions which you may have. Full descriptions of all courses can be sent to you on request by emailing ThurrockRCollge@mpft.nhs.uk

An Expression of Interest in courses can be placed here directly: https://mindrecoverynet.org.uk/providers_profile/inclusion-thurrock-recovery-college/

Course Name	No of Sessions & Duration	Date	Venue	Time
Experience Stories & Creative Positivity	3 sessions of 2 hours	Wed 22 nd Feb to 8 th Mar	Online - Zoom	11am - 1pm
Food & Mood	3 sessions of 2 hours	Tue 28 th Feb and 14 th Mar	Grays	2pm - 4pm
My Rested Self: Sleep	3 sessions of 2 hours	Tue 28 th Feb to 14 th Mar	Online - Zoom	6pm - 8pm
Bipolar & Me	4 sessions of 2 hours	Thu 2 nd to 23 rd Mar	Grays	2pm - 4pm
Progressing with Visualisations	1 session of 1.5 hours	Fri 3 rd Mar	Tilbury	2:30pm - 4pm
Understanding Anxiety	3 sessions of 2 hours	Mon 13 th to 27 th Mar	South Ockendon	11am - 1pm
Ways to Wellbeing: Give	2 sessions of 2 hours	Fri 17 th and 24 th Mar	Tilbury	2:30pm - 4:30pm
Mindfulness Walk	1 session of 1 hour	Tue 28 th Mar	Grays	11am – 12pm
Progressing with Visualisations	1 session of 1.5 hours	Fri 31 st Mar	Online - Zoom	2:30pm - 4pm