

Thurrock Recovery College
Summer Timetable: April – July 2023

Course	No of Sessions & Duration	Date	Venue	Time
Ways to Wellbeing: Learn	1 session of 2 hrs	Thursday 27 th April	South Ockendon	1:30pm – 3:30pm
Ways to Wellbeing: Connect	2 sessions of 2 hrs	Thursday 4 th & 11 th May	South Ockendon	1:30pm – 3:30pm
Visualisation for Relaxation	1 session of 1 hr	Friday 5 th May	Zoom	1:30pm – 2:30pm
Visualisation for Relaxation	1 session of 1 hr	Friday 12 th May	Zoom	1:30pm – 2:30pm
Understanding Depression	3 sessions of 2 hrs	Monday 15 th , 22 nd May & 5 th June	Aveley	11am – 1pm
Food & Mood	3 sessions of 2 hrs	Tuesday 16 th , 23 rd & 30 th May	Grays	2pm – 4pm
Ways to Wellbeing: Give	1 session of 2 hrs	Thursday 18 th May	South Ockendon	1:30pm – 3:30pm
Ways to Wellbeing: Notice	1 session of 2 hrs	Thursday 25 th May	South Ockendon	1:30pm – 3:30pm
Ways to Wellbeing: Be Active	2 sessions of 2 hrs	Thursday 1 st & 8 th June	South Ockendon	1:30pm – 3:30pm
Exploring Loss & Moving Forward	2 sessions of 2.5 hrs	Wednesday 7 th & 14 th June	Zoom	2pm – 4:30pm
Communicating with Confidence	4 sessions of 2 hrs	Monday 12 th , 19 th , 26 th June & 3 rd July	South Ockendon	11am – 1pm
My Rested Self: Relaxation	3 sessions of 2 hrs	Wednesday 14 th , 21 st & 28 th June	Zoom	1:30pm – 3:30pm

Course	No of Sessions & Duration	Date	Venue	Time
Ways to Wellbeing: Learn	1 session of 2 hrs	Thursday 15 th June	Chadwell	11am – 1pm
Understanding Anxiety	3 sessions of 2 hrs	Friday 16 th 23 rd & 30 th June	Tilbury	2pm – 4pm
Ways to Wellbeing: Connect	2 sessions of 2 hrs	Thursday 22 nd & 29 th June	Chadwell	11am – 1pm
Creating Mindfulness	4 sessions of 2 hrs	Wednesday 5 th , 12 th , 19 th & 26 th July	Grays	2pm – 4pm
Ways to Wellbeing: Give	1 session of 2 hrs	Thursday 6 th July	Chadwell	11am – 1pm
Money Matters	3 sessions of 2 hrs	Friday 7 th , 14 th & 21 st July	Zoom	11am – 1pm
My Rested Self: Sleep	3 sessions of 2 hrs	Monday 10 th , 17 th & 24 th July	Zoom	6pm – 8pm
Ways to Wellbeing: Notice	1 session of 2 hrs	Thursday 13 th July	Chadwell	11am – 1pm
Ways to Wellbeing: Be Active	2 sessions of 2 hrs	Thursday 20 th & 27 th July	Chadwell	11am – 1pm
RC Mindfulness Walk	1 session of 1 hr	Tuesday 25 th July	Grays	10:30am – 11:30am
Thriving with Neurodiversity	1 session of 2.5 hrs	Tuesday 25 th July	Zoom	1:45pm – 4:45pm
Veterans Moving Forwards: Building a Brighter Future	6 sessions of 3.5 hrs	TBC	In person	TBC