

Thurrock Recovery College

April – July Timetable 2024



Scan the QR code to register your interest

Contact us

01375 809 708

recoverycollege.inclusionthurrock.org






















@InclusionRC
















@ThurrckRCollege







April 2024

Monday		Tuesday	Wednesday		Thursday	Friday	
1 Easter Bank Holiday		2	3		4	5	
8		9	10 Guided Visualisation for Relaxation (online) 11-12 		11 Food and mood Grays 1:30-3:30 	12 My Rested Self Sleep (online) 10-12 	
15 Understanding Depression Grays 12-2 		16 Exploring Loss Moving Forward (online) 10-12:30 	17 Relaxation workshop 12-2 Grays 	18 Introduction to Anxiety (online) 10-12 	18 Food and mood Grays 1:30-3:30 	19 My Rested Self Sleep (online) 10-12 	
22 Understanding Depression Grays 12-2 	22 Communicating skills (online) 10-12 	23 Exploring Loss Moving Forward (online) 10-12:3 	24 Mindful Walk Chafford Hundred The Gorge 2-3:30 	24 Thriving with Neurodiversity (online) 10-1:30	24 Introduction to Anxiety (online) 10-12 	25 Food and Mood Grays 1:30-3:30 	26 My Rested Self Sleep (online) 10-12 
29 Understanding Depression Grays 12-2 	29 Communicating skills (online) 10-12 	30 5 Ways to Wellbeing Grays 1-3 pm 					

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday	
		1 Creating Mindfulness Grays 2-4pm 	2 Thriving with Neurodiversity (online) 1-4:30	3	
6 Bank holiday	7 5 Ways to Wellbeing Grays 1-3 pm 	8 Creating Mindfulness Grays 2-4pm 	9 Understanding Anxiety Grays 1-3 	10 My Rested Self Relaxation (online) 10-12:30 	
13 Guided Visualisation for Relaxation (online) 10-11 am 	14 5 Ways to Wellbeing Grays 1-3 pm 	15 Creating Mindfulness Grays 2-4pm 	15 Mindful Walk Rainham Marshes 12-1pm	16 Understanding Anxiety Grays 1-3 	17 My Rested Self Relaxation (online) 10-12:30 
20	21 5 Ways to Wellbeing Grays 1-3 pm 	22 Creating Mindfulness Grays 2-4pm 	23 Understanding Anxiety Grays 1-3 	24	
27 Bank holiday	28	29	30		

June 2024

Monday	Tuesday		Wednesday	Thursday	Friday
3	4 5 Ways to Wellbeing Grays 1-3 pm 	4 *Veterans Moving Forward 12:30-4 pm Islington, London	5 Mindful Walk Grays beach 10-11:30 	6	7
10	11 5 Ways to Wellbeing Grays 1-3 pm 	11 *Veterans Moving Forward 12:30-4 pm Islington, London	12 Guided Visualisation for Relaxation (online) 2-3 pm 	13	14
17	18 5 Ways to Wellbeing Grays 1-3 pm 	18 *Veterans Moving Forward 12:30-4 pm Islington, London	19	20	21
24	25 Relaxation Workshop Grays 2-4 pm 	25 *Veterans Moving Forward 12:30-4 pm Islington, London	26	27	28

July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 *Veterans Moving Forward 12:30-4 pm Islington, London	3	4	5
8	9 *Veterans Moving Forward 12:30-4 pm Islington, London	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

*This course is running in partnership with



ThurrockRCollege@mpft.nhs.uk



01375 809708

