

# Thurrock Recovery College

## April – July Timetable 2024



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### Contact us

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[recoverycollege.inclusionthurrock.org](https://recoverycollege.inclusionthurrock.org)






















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# 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 		19 Food and mood Grays 1:30-3:30 	20 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) 10-12:30 	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
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
17	18 5 Ways to Wellbeing Grays 1-3 pm 	18 *Veterans Moving Forward 12:30-4 pm Islington, London 	19	20
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



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