

Thurrock Recovery College

July Timetable 2024



Scan the QR code to register your interest

Contact us

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recoverycollege.inclusionthurrock.org










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July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 *Veterans Moving Forward 12:30-4 pm Islington, London 	3 Mindfulness Practice 1:30-2:30 pm Grays 	4	5 3 Mindful Walk Chafford Hundred 10-11:30 
8	9 *Veterans Moving Forward 12:30-4 pm Islington, London 	10 Mindfulness Practice 1:30-2:30 pm Grays 	11	12
15	16	17 Yoga for Everyone Aveley 10 am -12 pm 	18 Visualisation for Relaxation (online) 10:30-11:30am 	19
22	23			

*This course is running in partnership with



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