

# Thurrock Recovery College

## July Timetable 2024



Scan the QR code to register your interest

### Contact us

01375 809 708

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










@InclusionRC



@ThurrckRCollege

# July 2024

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

\*This course is running in partnership with

