

Thurrock Recovery College

April to July 2025



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

















April 2025

Monday	Tuesday		Wednesday	Thursday		Friday		
	1 Open Day 1:30 - 4:30pm Thurrock Health Centre, 1 st floor Inclusion 	1 Mindful Walk 10-11:30am Purfleet 	2 Yoga for Everyone 10-12pm Aveley 	3 Relaxation workshop 12-2pm Grays 	4 Progressing with Visualisation (online)  1:30 - 3pm	4 Recovery Café 10:30-1:30pm Grays Park Café 		
7 (Easter Holiday)	8 (Easter Holiday)		9 (Easter Holiday)	10 (Easter Holiday)		11 Recovery Café 10:30-1:30pm Grays Park Café 		
14 (Easter Holiday)	15 (Easter Holiday)		16 (Easter Holiday)		17 (Easter Holiday)		18 Good Friday	
21 Easter Bank holiday	22 Creating Mindfulness 10am-12pm Grays 	22 Visualisation for Relaxation: Loving, Kindness & Compassion (online) 2-3pm 	23 Yoga for Everyone 10-12pm Aveley 	23 Food and Mood Aveley 1-3pm 	24 Mindful Walk Grays 10-11:30am 	24 My Rested Self: Relaxation 11-1pm Tilbury 	25 Ways to Wellbeing: Connect 10-12pm Grays 	25 Recovery Café 10:30-1:30pm Grays Park Café 
28 Newsletter co-production 10-11 am Chafford Hundred 	29 Creating Mindfulness 10-12pm Grays 		30 Yoga for Everyone 10-12pm Aveley 	30 Food and Mood Aveley 1-3pm 	1 Visualisation for Relaxation (online) 3-4pm 	1 My Rested Self: Relaxation 11-1pm Tilbury 	2 Ways to Wellbeing: Give 10-12pm Grays 	2 Recovery Café 10:30-1:30pm Grays Park Café 

May 2025

Monday		Tuesday		Wednesday		Thursday		Friday	
						1 Visualisation for Relaxation (online) 3-4pm	1 My Rested Self: Relaxation 11-1pm Tilbury	2 Ways to Wellbeing: Give 10-12pm Grays	2 Recovery Café 10:30-1:30pm Grays Park Café
5 May Bank Holiday		6 Creating Mindfulness 10-12pm Grays	6 My Rested Self: Sleep 11-1pm Grays	7 Yoga for Everyone Aveley 10-12pm	7 Food and Mood Aveley 1-3pm	8 Understanding Anxiety 10-12pm Grays	8 My Rested Self: Relaxation 11-1pm Tilbury	9 Ways to Wellbeing: Take Notice 10-12pm Grays	9 Recovery Café 10:30-1:30pm Grays Park Café
12 Newsletter co-production 10-11 am Chafford Hundred	12 Hope and Wellbeing 12-2pm Grays	13 Creating Mindfulness 10-12pm Grays	13 My Rested Self: Sleep 11-1pm Grays	14 Yoga for Everyone 10-12pm Aveley	14 Mindfulness practice (online) 2-3pm	15 Understanding Anxiety 10am-12pm Grays	15 Introduction to Anxiety (online) 2-4pm	16 Ways to Wellbeing: Learn 10-12pm Grays	16 Recovery Café 10:30-1:30pm Grays Park Café
19 Visualisation for Relaxation: Loving, Kindness & Compassion (online) 10-11am	19 Hope and Wellbeing 12-2pm Grays	20 My Rested Self: Sleep 11-1pm Grays	21 Yoga for Everyone 10-12pm Aveley	21 Mindfulness practice (online) 3-4pm	22 Understanding Anxiety 10-12pm Grays	22 Introduction to Anxiety (online) 2-4pm	23 Ways to Wellbeing: Be active 10-12pm Grays	23 Recovery Café 10:30-1:30pm Grays Park Café	
26 (Half Term)		27 (Half Term)		28 (Half Term)		29 (Half Term)		30 (Half Term)	

June 2025

Monday		Tuesday		Wednesday		Thursday		Friday	
2 Newsletter co-production 10-11am Chafford Hundred 	2 Understanding Depression 2-4pm Tilbury 	3 NEW Intro to Navigating Emotions (online) 10-12:30pm 	3 Exploring Loss & Moving Forward (online) 2-4:30pm 	4 Yoga for Everyone 10-12pm Aveley 	4 Visualisation for Relaxation (online) 1-2pm 	5 Ways to Wellbeing Connect 10-12pm South Ockendon 	5 Open Day 1:30 -4:30pm Thurrock Health Centre, 1 st floor Inclusion 	6 Mindful Walk Purfleet 11-12:30pm 	6 Recovery Café 10:30-1:30pm Grays Park Café 
9 My Rested Self: Sleep (online) 5-7pm 	9 Understanding Depression 2-4pm Tilbury 	10 NEW Intro to Navigating Emotions (online)  10-12:30pm	10 Exploring Loss & Moving Forward (online) 2-4:30pm 	11 Yoga for Everyone 10-12pm Aveley 	11 NEW Practical Mindfulness 1-3pm Grays 	12 Ways to Wellbeing Take Notice 10-12pm South Ockendon 	12 Communicating with Confidence 1-3pm South Ockendon 	13 Anxiety and Me (online) 11-12pm 	13 Recovery Café 10:30-1:30pm Grays Park Café 
16 My Rested Self: Sleep (online) 5-7pm 	16 Understanding Depression 2-4pm Tilbury 	17 NEW Positive Psychology: Happiness (online)  10-12pm	17 Mindful Walk Chafford Hundred 10-11:30am 	18 Yoga for Everyone 10-12pm Aveley 	18 NEW Practical Mindfulness 1-3pm Grays 	19 Ways to Wellbeing Give 10-12pm South Ockendon 	19 Communicating with Confidence 1-3pm South Ockendon 	20 Anxiety and Me (online) 11-12pm 	20 Recovery Café 10:30-1:30pm Grays Park Café 
23 My Rested Self: Sleep (online) 5-7pm 	24 NEW Positive Psychology: Happiness (online)  10-12pm	24 Understanding Anxiety 6-8pm Grays 	25 Yoga for Everyone 10-12pm Aveley 	25 NEW Practical Mindfulness 1-3pm Grays 	26 Ways to Wellbeing Learn 10-12pm South Ockendon 	26 Communicating with Confidence 1-3pm South Ockendon 	27 Anxiety and Me (online) 11-12pm 	27 Recovery Café 10:30-1:30pm Grays Park Café 	
30 Open Day - Inclusion Thurrock Health Centre (1:30 -4:30pm) 									

July 2025

Monday	Tuesday		Wednesday		Thursday		Friday	
30 Open Day 1:30 - 4:30pm Inclusion Thurrock Health Centre 1 st floor 	1 Food and Mood 10-12pm Grays 	1 Understanding Anxiety 6-8pm Grays 	2 Yoga for Everyone Aveley 10am 	2 NEW Practical Mindfulness 1-3pm Grays 	3 Ways to Wellbeing Be Active 10-12pm South  Ockendon	3 Communicating with Confidence 1-3pm South  Ockendon	4 Identity and Personality (online) 11am -1pm 	4 Recovery Café 10:30-1:30pm Grays Park Café 
7 Newsletter co-production 10-11 am Chafford Hundred 	8 Food and Mood 10am-12pm Grays 	8 Understanding Anxiety 6-8pm Grays 	9 NEW Practical Mindfulness 1-3pm Grays 		10 Exploring Loss and Moving Forward 1-4pm Grays 		11 Identity and Personality (online) 11am -1pm 	11 Recovery Café 10:30-1:30pm Grays Park Café 
14 Understanding Depression (online) 10am -1pm 	15 Food and Mood 10am-12pm Grays 	15 Visualisation for Relaxation (online) 10-11am 	16 NEW Practical Mindfulness 1-3pm Grays 		17 Exploring Loss and Moving Forwards 1- 4pm Grays 		18 Mindful Walk Chafford Hundred 12-1:30pm 	18 Recovery Café 10:30-1:30pm Grays Park Café 
21 Understanding Depression (online) 10am -1pm 	22 Hope and Wellbeing 10am-2pm Grays 	22 Progressing with Visualisation: The ocean (online) 10-11:30am 	23 (Summer Holiday)		24 (Summer Holiday)		25 (Summer Holiday)	

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