

Thurrock Recovery College

September – December 2025



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Contact us

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recoverycollege.inclusionthurrock.org



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





















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September 2025

| Monday | | Tuesday | Wednesday | | Thursday | | Friday |
|--|---|--|--|---|--|--|--|
| 1 | | 2 | 3 | | 4 | | 5 |
| | | | | | Open Day 10am-2pm Thurrock Health Centre, 1 st floor Inclusion | | Recovery Café 10:30am-1:30pm Grays Park Café |
| 8 | | 8 | 9 | 10 | 10 | 11 | 12 |
| Visualisation for Relaxation (online) 10-11am | | My Rested Self Sleep (online) 6-8pm | Understanding Anxiety Grays 11am-2pm | Yoga for Everyone Aveley 10am-12pm | Mindful Walk 2-3:30pm Grays Beach | Practical Mindfulness Grays 10am-12pm | Recovery Café 10:30am-1:30pm Grays Park Café |
| 15 | 15 | 15 | 16 | 17 | 17 | 18 | 18 |
| Newsletter Group 10-11am Chafford Hundred | Visualisation for Loving, Kindness and Compassion (online) 1-2:30pm | My Rested Self Sleep (online) 6-8pm | Understanding Anxiety Grays 11am-2pm | Yoga for Everyone Aveley 10am-12pm | 5 Ways to Wellbeing 1-3pm South Ockendon | Practical Mindfulness Grays 10am-12pm | Identity and Personality (online) 2-4pm |
| 22 | | 22 | 23 | 24 | 24 | 25 | 25 |
| Progressing with Visualisation (online) 3-4:30 pm | | My Rested Self Sleep (online) 6-8pm | Understanding Anxiety Grays 11am-2pm | Yoga for Everyone Aveley 10am-12pm | 5 Ways to Wellbeing 1-3pm South Ockendon | Practical Mindfulness Grays 10am-12pm | Identity and Personality (online) 2-4pm |
| 29 | | | 30 | | | | |
| Mindful Walk The Gorge Chafford Hundred 12-1:30pm | | | Mindfulness Practice (online) 10-11am | | | | |

October 2025

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday |
|---|---|--|---|--|---|--|--|--|
| | | | | 1 Yoga for Everyone Aveley 10am-12pm  | | 2 Practical Mindfulness Grays 10am-12pm  | 2 Visualisation for Relaxation (online) 2-3pm  | 3 Recovery Café 10:30am - 1:30pm Waves Café (Inside South Essex College)  |
| 6 Mindful Walk 10-11:30am Purfleet  | 6 Understanding Depression 1-3pm Grays  | 7 Explore, Imagine, Be 10am-12pm Grays  | 7 Food and Mood (online) 6-8pm  | 8 Yoga for Everyone Aveley 10-12pm  | 8 Visualisation for Loving, Kindness and Compassion (online) 2-3:30pm  | 9 Practical Mindfulness 10am-12pm Grays  | | 10 Recovery Café 10:30am - 1:30pm Waves Café (Inside South Essex College)  |
| 13 Newsletter Group Chafford Hundred 10-11am  | 13 Understanding Depression 1-3pm Grays  | 14 Explore, Imagine, Be 10am-12pm Grays  | 14 Food and Mood (online) 6-8pm  | 15 Yoga for Everyone Aveley 10am-12pm  | 15 Progressing with Visualisation (online) 3-4:30pm  | 16 Practical Mindfulness 10am-12pm Grays  | | 17 Recovery Café 10:30am - 1:30pm Waves Café (Inside South Essex College)  |
| 20 Understanding Depression 1-3pm Grays  | | 21 Relaxation Workshop 11am-1pm South Ockendon  | 21 Food and Mood (online) 6-8pm  | 22 Mindfulness Practice (online) 11am-12pm  | | 23 Mindful Walk Grays Beach 11am-12:30pm  | 24 Recovery Café 10:30am - 1:30pm Waves Café (Inside South Essex College)  | |
| 27 Half term OPEN DAY 1-4pm | | 28 Half term | | 29 Half term | | 30 Half term | | 31 Half term |

November 2025

| Monday | | Tuesday | Wednesday | | Thursday | Friday |
|--|--|--|---|--|--|--|
| 3 Mindful Walk Chafford Hundred The Gorge 11am-12:30pm  | 3 Communicating with Confidence 1-3pm South Ockendon  | 4 Exploring Loss Moving Forward 10am-12pm Grays  | 5 Creating Mindfulness (online) 5:30-7:30pm  | | 6 My Rested Self Relaxation 1-3pm Grays  | 7 Recovery Café 10:30am -1:30pm Waves Café (Inside South Essex College)  |
| 10 Communicating with Confidence 1-3pm South Ockendon  | | 11 Exploring Loss Moving Forward 10am-12pm Grays  | 12 Visualisation for loving, kindness and compassion (online) 2-3:30pm  | 12 Creating Mindfulness (online) 5:30-7:30pm  | 13 My Rested Self Relaxation 1-3pm Grays  | 14 Recovery Café 10:30am -1:30pm Waves Café (Inside south essex college)  |
| 17 Newsletter Group 10-11am Chafford Hundred  | 17 Communicating with Confidence 1-3pm South Ockendon  | 18 Hope and Wellbeing 11am-1pm Grays  | 19 Yoga for Everyone Aveley 10am-12pm  | 19 Creating Mindfulness (online) 5:30-7:30pm  | 20 My Rested Self Relaxation 1-3pm Grays  | 21 Recovery Café 10:30am -1:30pm Waves Café (Inside South Essex College)  |
| 24 Communicating with Confidence 1-3pm South Ockendon  | | 25 Hope and Wellbeing 11am-1pm Grays  | 26 Yoga for Everyone Aveley 10am-12pm  | 26 Creating Mindfulness (online) 5:30-7:30pm  | 27 Open Day 11am-2pm Thurrock Health Centre, 1 st floor Inclusion  | 28 Recovery Café 10:30am -1:30pm Waves Café (Inside South Essex College)  |

December 2025

| Monday | | | Tuesday | Wednesday | | Thursday | | Friday |
|---|---|--|---|--|--|---|--|---|
| 1 Anxiety and Me (online) 10am-12pm  | 1 Visualisation for Relaxation (online) 5:30-6:30pm  | | 2 My Rested Self Sleep 10am-12pm Grays  | 3 Yoga for Everyone 10am-12pm Aveley  | | 4 Intro to Exploring Emotions Grays 10am-12pm  | 4 Mindful Practice (online) 1-2pm  | 5 Recovery Café 10:30am -1:30pm Waves Café (Inside South Essex College)  |
| 8 Anxiety and Me (online) 10am-12pm  | 8 Visualisation for loving, kindness and compassion (online) 5:30-7pm  | | 9 My Rested Self Sleep 10am-12pm Grays  | 10 Yoga for Everyone Aveley 10am-12 pm  | 10 5 Ways to Wellbeing Grays 1-3pm  | 11 Intro to Exploring Emotions Grays 10am-12pm  | 11 Mindful Practice (online) 1-2pm  | 12 Recovery Café 10:30am -1:30pm Waves Café (Inside South Essex College)  |
| 15 Anxiety and Me (online) 10am-12pm  | 15 Newsletter Group 10-11am Chafford Hundred  | 15 Progressing with Visualisation (online) 5:30-7pm  | 16 My Rested Self Sleep 10am-12pm Grays  | 17 Yoga for Everyone Aveley 10am-12 pm  | 17 5 Ways to Wellbeing Grays 1-3pm  | 18 Mindful Walk Grays Beach 11am-12:30pm  | | 19 Recovery Café 10:30am -1:30pm Waves Café (Inside South Essex College)  |
| 22 Christmas break | | | 23 Christmas break | 24 Christmas break | | 25 Christmas break | | 26 Christmas break |
| 29 Christmas break | | | 30 Christmas break | 31 Christmas break | | | | |