

# Thurrock Recovery College

September – December 2025



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## Contact us

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[recoverycollege.inclusionthurrock.org](https://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 11am-2pm Thurrock Health Centre, 1 <sup>st</sup> floor Inclusion		Recovery Café 10:30am-1:30pm Grays Park Café	
8 Visualisation for Relaxation (online) 10-11am		8 My Rested Self Sleep (online) 6-8pm	9 Understanding Anxiety Grays 11am-2pm	10 Yoga for Everyone Aveley FULLY BOOKED	10 Mindful Walk 2-3:30pm Grays Beach	11 Practical Mindfulness Grays 10am-12pm	12 Recovery Café 10:30am-1:30pm Grays Park Café	
15 Newsletter Group 10-11am Chafford Hundred	15 Visualisation for Loving, Kindness and Compassion (online) 1-2:30pm	15 My Rested Self Sleep (online) 6-8pm	16 Understanding Anxiety Grays	17 Yoga for Everyone Aveley FULLY BOOKED	17 5 Ways to Wellbeing 1-3pm South Ockendon	18 Practical Mindfulness Grays 10am-12pm	18 Identity and Personality (online) 2-4pm	19 Recovery Café 10:30am-1:30pm Grays Park Café
22 Progressing with Visualisation (online) 3-4:30 pm		22 My Rested Self Sleep (online) 6-8pm	23 Understanding Anxiety Grays	24 Yoga for Everyone Aveley FULLY BOOKED	24 5 Ways to Wellbeing 1-3pm South Ockendon	25 Practical Mindfulness Grays 10am-12pm	25 Identity and Personality (online) 2-4pm	26 Recovery Café 10:30am-1:30pm Grays Park Café
29 Mindful Walk The Gorge Chafford Hundred 12-1:30pm		30 Mindfulness Practice (online) 10-11am						

## October 2025

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

## November 2025

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

## December 2025

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