

Thurrock Recovery College

September – December 2025



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Contact us

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recoverycollege.inclusionthurrock.org



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September 2025

Monday		Tuesday	Wednesday		Thursday		Friday	
1		2	3		4		5	
					Open Day 11am-2pm Thurrock Health Centre, 1 st 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	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 Chafford Hundred		30 Mindfulness Practice (online) 10-11am						

October 2025

Monday		Tuesday		Wednesday		Thursday		Friday
				1 Yoga for Everyone Aveley FULLY BOOKED 		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 FULLY BOOKED 	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 FULLY BOOKED 	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 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 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 Navigating 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 Navigating 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 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				