

Thurrock Recovery College

January – March Timetable 2026



Scan the QR code to register your interest

Contact us

01375 809 708

recoverycollege.inclusionthurrock.org



@InclusionRC



@ThurrockRCollege

January 2026



























Monday		Tuesday	Wednesday		Thursday		Friday	
5		6	7		8		9	
					Recovery Café Brentwood Theatre 10:30am-1:30pm		Recovery Café Grays 10:30am-1:30pm	
12	12	13	14	14	15	15	16	16
Understanding Anxiety 11am-1 pm Grays	Newsletter Group Chafford Hundred 10am-11am	Food and Mood South Ockendon 11am-1pm	Yoga for Everyone Aveley 10am-12pm	Visualisation for Relaxation (online) 1:30pm-2:30pm	Practical Mindfulness Grays 11am-1pm	Recovery Café Brentwood Theatre 10:30am-1:30pm	Recovery Café Grays 10:30am-1:30pm	Communicating with Confidence Grays 11am-1pm
19		20	21	21	22	22	23	23
Understanding Anxiety Grays 11am-1 pm		Food and Mood South Ockendon 11am-1pm	Yoga for Everyone Aveley 10am-12pm	Visualisation for Loving, Kindness and Compassion (online) 1:30pm-2:30pm	Practical Mindfulness Grays 11am-1pm	Recovery Café Brentwood Theatre 10:30am-1:30pm	Recovery Café Grays 10:30am-1:30pm	Communicating with Confidence Grays 11am-1pm
26	26	27	28	28	29	29	30	30
Understanding Anxiety Grays 11am-1 pm	Mindful Walk Grays 1pm-2pm		Yoga for Everyone Aveley 10am-12pm	Progressing with Visualisation (online) 1pm-2:30pm	Practical Mindfulness Grays 11am-1pm	Recovery Café Brentwood Theatre 10:30am-1:30pm	Recovery Café Grays 10:30am-1:30pm	Communicating with Confidence Grays 11am-1pm

E-mail:

ThurrockRCollege@mpft.nhs.uk

Tel: 01375 898680

February 2026































Monday	Tuesday		Wednesday	Thursday		Friday	
2 Exploring Loss Moving Forward Grays 12pm-2pm 	3 Understanding Depression (online) 10am-12pm 	3 Food and Mood South Ockendon 11-1pm 	4 Yoga for Everyone 10am-12pm Aveley 	5 Practical Mindfulness Grays 11am-1pm 	5 Recovery Café Brentwood Theatre 10:30am-1:30pm 	6 Recovery Café Wave Café, Grays 10:30am-1:30pm 	6 Communicating with Confidence Grays 11am-1pm 
9 Exploring Loss Moving Forward Grays 12pm-2pm 	10 Understanding Depression (online) 10am-12pm 		11 Yoga for Everyone Aveley 10am-12pm 	11 Mindful Walk Purfleet 1pm-2:30pm 	12 Practical Mindfulness Grays 11am-1pm 	12 Recovery Café Brentwood Theatre 10:30am-1:30pm 	13 Recovery Café Wave Café, Grays 10:30am-1:30pm 
16 Newsletter group Chafford Hundred 10am-11am 	17 Understanding Depression (online) 10am-12pm 		18 Half term		19 Half term		20 Recovery Café Wave Café, Grays 10:30am-1:30pm 
23 Hope & Wellbeing Corringham 11am-1pm 	24 Mindfulness Practice (online) 11am-12pm 	24 My Rested Self Sleep (online) 5:30pm-7:30pm 	25 Yoga for Everyone 10am-12pm Aveley 	25 Visualisation for Relaxation (online) 2pm-3pm 	26 Practical Mindfulness Grays 11am-1pm 	26 Recovery Café Brentwood Theatre 10:30am-1:30pm 	27 Recovery Café Wave Café, Grays 10:30am-1:30pm 

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March 2026

		Tuesday		Wednesday		Thursday		Friday
2		3	3	4		5	5	6
Hope & Wellbeing Corringham 11am-1pm 		Mindful Walk Chafford Hundred 12pm-1:30pm 	My Rested Self Sleep (online) 11am-1pm 	Yoga for Everyone 10am-12pm Aveley 		5 Ways to Wellbeing 11am-1pm Grays 	Recovery Café Brentwood Theatre 10:30am-1:30pm 	Recovery Café Wave Café, Grays 10:30am-1:30pm 
9		10	10	11	11	12	12	13
Anxiety and Me (online) 11am-1pm 		My Rested Self: Relaxation 11am-13:30pm South Ockendon 	My Rested Self Sleep (online) 11am-1pm 	Yoga for Everyone 10am-12pm Aveley 	Visualisation for Relaxation (online) 1pm-2pm 	5 Ways to Wellbeing 11am-1pm Grays 	Recovery Café Brentwood Theatre 10:30am-1:30pm 	Recovery Café Wave Café, Grays 10:30am-1:30pm 
16	16	17		18	18	19	19	20
Anxiety and Me (online) 11am- 1pm 	Newsletter group Chafford Hundred 10am-11am 	My Rested Self: Relaxation 11am-13:30pm South Ockendon 		Yoga for Everyone 10am-12pm Aveley 	Visualisation for Love, Kindness & Compassion (online) 1pm-2pm 	Intro to Navigating emotions Grays 12pm-2pm 	Recovery Café Brentwood Theatre 10:30am-1:30pm 	Recovery Café Wave Café, Grays 10:30am-1:30pm 
23		24		25	25	26	26	27
Anxiety and Me (online) 11am-1pm 		My Rested Self: Relaxation 11am-13:30pm South Ockendon 		Yoga for Everyone 10pm-12pm Aveley 	Progressing with Visualisation (online) 1pm-2:30pm 	Intro to Navigating emotions Grays 12pm-2pm 	Recovery Café Brentwood Theatre 10:30am-1:30pm 	Recovery Café Wave Café, Grays 10:30am-1:30pm 
30 Half Term		31 Half term						

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Terms and conditions

- If you wish to repeat a group or course, priority will be given to those members who haven't attended before, and a minimum 6-week gap period applies.
- Please be mindful that the site may not be open to the public until 10 minutes before the session is due to start.
- Please let us know if you are running late for a session. If you are more than 15 minutes late you may not be able to join the session.
- If you miss the first two sessions of a course or group, you will not be able to join partway through. Instead, we'll ask you to re-enrol to your preferred course or group at a later date.

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