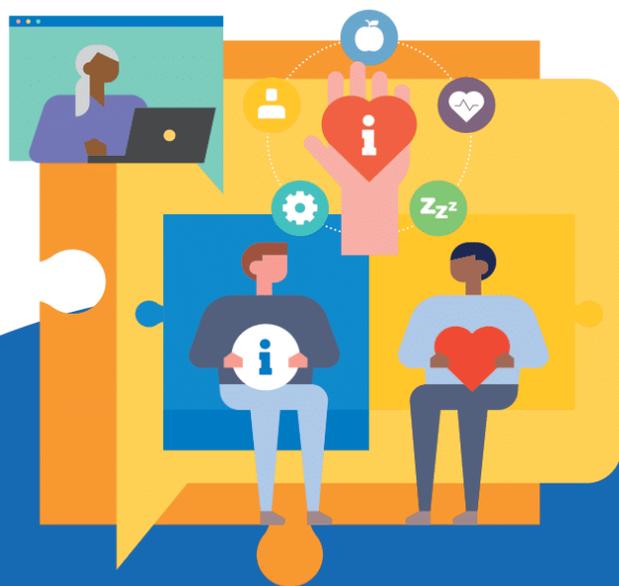


Thurrock Recovery College

January – March Timetable 2026



Scan the QR code to register your interest

Contact us

01375 809 708

recoverycollege.inclusionthurrock.org



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@ThurrckRCollege

February 2026

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

E-mail:

ThurrockRCollege@mpft.nhs.uk

Tel: 01375 898680

March 2026

	Tuesday		Wednesday	Thursday		Friday	
2 Hope & Wellbeing Corringham 11am-1pm 	3 Mindful Walk Chafford Hundred 12pm-1:30pm 	3 My Rested Self Sleep (online) 5:30pm-7:30pm 	4 Yoga for Everyone 10am-12pm Aveley 	5 5 Ways to Wellbeing 11am-1pm Grays 	5 Recovery Café Brentwood Theatre 10:30am-1:30pm 	6 Recovery Café Wave Café, Grays 10:30am-1:30pm 	
9 Anxiety and Me (online) 11am-1pm 	10 My Rested Self: Relaxation 11am-13:30pm South Ockendon 	10 My Rested Self Sleep (online) 5:30pm-7:30pm 	11 Yoga for Everyone 10am-12pm Aveley 	11 Visualisation for Relaxation (online) 1pm-2pm 	12 5 Ways to Wellbeing 11am-1pm Grays 	12 Recovery Café Brentwood Theatre 10:30am-1:30pm 	13 Recovery Café Wave Café, Grays 10:30am-1:30pm 
16 Anxiety and Me (online) 11am-1pm 	16 Newsletter group Chafford Hundred 10am-11am 	17 My Rested Self: Relaxation 11am-13:30pm South Ockendon 	18 Yoga for Everyone 10am-12pm Aveley 	18 Visualisation for Love, Kindness & Compassion (online) 1pm-2pm 	19 Intro to Navigating emotions Grays 12pm-2pm 	19 Recovery Café Brentwood Theatre 10:30am-1:30pm 	20 Recovery Café Wave Café, Grays 10:30am-1:30pm 
23 Anxiety and Me (online) 11am-1pm 	24 My Rested Self: Relaxation 11am-13:30pm South Ockendon 	25 Yoga for Everyone 10pm-12pm Aveley 	25 Progressing with visualisation (online) 1pm-2:30pm 	26 Intro to Navigating emotions Grays 12pm-2pm 	26 Recovery Café Brentwood Theatre 10:30am-1:30pm 	27 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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