



MID ESSEX
*Recovery
College*

A **safe space** for people to learn new skills, expand on existing ones, and attend **FREE COURSES** developed to support **mental health recovery**...

March COURSES

For more details contact the college on our website, email or phone
www.midsexrecoverycollege.co.uk
provide.midsexrc@nhs.net
0300 303 9954

Men & Mental Health

3 March
Braintree Livewell Hub

Bereavement & Loss

4 & 11 March
South Woodham Ferrers

Living Well with Anxiety

6 & 13 March
Southminster

Anger Management

7 March
Online

Recovery College Walk

11 Mar - Halstead
25 Mar - Chelmsford

Managing Difficult emotions as a Carer

12 March
Online

Meditation & Mindfulness

12, 19 & 26 Mar
Online

Introduction to Therapeutic photography & Filmmaking

12 March
Online (evening)

Five Ways to Wellbeing

13 March
Online

Introduction to Volunteering

17 March
Online (evening)

The New Me, Living well with Mental Health

18 & 25 March
Online

Navigating Services

18 March
Online

Self Care tools for Anxiety & Stress

19 March
Online

Creating Art

19 March
Braintree Livewell Hub

Self Care for Carers

20 March
Online (Evening)

Effective Communication

21 March
Online

Managing Chronic Fatigue

24 March
Online

LGBTQ+ Self Care & Storytelling

26 March
Braintree Livewell Hub

Therapeutic Photography

26 March
South Woodham Ferrers

Understanding & Dismantling Stigma

27 March
Braintree Livewell Hub

