



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

## BITE-SIZE SKILLS FOR WELLBEING

These online bite-size evening workshops are part of our Recovery in Action series, concentrating on giving students practical skills to help support their Recovery Journey.

### Eating Healthily for Recovery

29 April

By focusing on practical tips, this course provides guidance to help anyone improve their relationship with food as part of their recovery journey

### Relaxation Breathing

6 May

Introducing simple and effective techniques to help you relax and manage stress, this course is designed to help you feel more in control and at ease in your recovery journey. It is also suitable for those living with long-term pain.

### Journalling

13 May

This course highlights the benefits of journalling as a tool for your recovery journey and guides you on how to journal effectively.

### Digital Wellbeing

20 May

Explores how technology can affect your daily life and well-being. This course is designed to help you build healthier relationships with technology, supporting your recovery and overall mental health. Perfect for anyone looking to take small, positive steps towards better digital habits.

### Creating a Self Care Routine

3 June

This course helps you create a personalised self-care routine to support your recovery journey. You'll explore what self-care means to you, identify activities to enhance your well-being and how to integrate them into daily life, overcoming challenges on the way.

### Identifying and expressing Personal Needs

17 June

This bite-size course helps you identify and express your personal needs during recovery. You'll learn to recognise what support you need and communicate it confidently in a supportive, non-judgemental environment.

### Vision Boards

24 June

This course introduces vision boards as a creative tool to support your recovery journey. Learn to use images, words, and ideas to create a visual representation of your hopes and goals, helping you reflect on what matters, stay motivated, and take meaningful steps forward.

For more details contact the college on our website, email or phone

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0300 303 9954

All sessions are online and run between  
6:30 - 7:30pm

