



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

AUGUST COURSES

Online Courses

Bite-size Skills for Wellbeing

10:30 - 11:30pm

12 August - Creating a Self Care Routine
19 August - Goal Setting

Living Well with Anxiety

2 sessions - 5 & 7 August
10:00 - 12:30pm

Introduction to Recovery

8 August
10:00 - 12:30pm

Five Ways to Wellbeing

14 August
1:30 - 3:30pm

Meet the College @

9 August - The Hive, Southminster - 2pm
15 August - Ufest - Maldon Promenade Park - 10am

Anxiety, taking back control

1:30 - 3:30pm
The Hive, Southminster Hub
19 August

Creating Art

10:00 - 1:00pm
6 August - Danbury Country Park
12 August - Goldhanger Village Hall
20 August - Great Notley Country Park
27 August - Braintree & Bocking Public Gardens



Mindfulness

1:00 - 3:00pm

6 August - The Octagon, St Marys Church
13 August - Maldon Promenade Park
20 August - The Octagon, St Marys Church
27 August - The Octagon, St Marys Church

Recovery College Walks

11:00 - 1:00pm

4 August - Flitch Way, Rayne
12 August - Burnham-on-Crouch
19 August - Maldon Ironworks Nature Reserve
27 August - South Woodham Ferrers



Writing for Self Discovery

10:30 - 12:30
Moulsham Mill, Chelmsford
7, 14, 21 & 28 August

Managing Chronic Fatigue

1:30 - 3:30pm
Braintree LiveWell Hub
19 August

Chelmsford - CVS

Therapeutic Filmmaking

Four Sessions - 4, 5 & 6 August & 11 August
10:00 - 4:00pm

Eating for Wellbeing

18 August
10:30 - 12:30pm

Evening courses - online

Community Services to Support Recovery

6:00 - 7:30pm
6 August - Keeping Active
20 August - Introduction to Volunteering

Bite-size Skills for Wellbeing

6:30 - 7:30pm
7 August - Digital Wellbeing
14 August - Relaxation breathing
21 August - Active Listening

For more details contact the college via our website, by email or phone
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midessexrecoverycollege.co.uk



Part of the

Provide
community