



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**...

October COURSES

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

New Beginnings after Immigration
3, 10 & 17 Oct - Chelmsford

Self Care for Carers
11 Oct - Online

Living Mindfully
2, 9 & 16 Oct - Chelmsford

Self Care Tools for Anxiety & Stress
16 Oct - Online

Films and Discussions
3, 17 & 24 Oct - Online

Art for Mental Health & Wellbeing
18 Oct - Online

Anger Management
3 Oct - Online

Therapeutic Photography
22 & 23 Oct - Online

Men and Mental Health
8 Oct (Evening) - Online

Navigating Services
23 Oct - Online

Finding & Retaining Employment
8 Oct - Chelmsford

Finding your Voice - Carers
25 Oct - Online

Stepping Stones to Wellbeing
9 & 16 Oct - Braintree

Dismantling Stigma
25 Oct - Online

Introduction to Therapeutic Filmmaking
10 Oct - Online

Creating Art
30 Oct - Chelmsford

Five Ways to Wellbeing
10 Oct - Chelmsford

Recovery College Walking Group
For more details contact the College

