



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

MAY COURSES

Online Courses

Self Care tools for Anxiety & Stress

7 May - Online

Anger Management

9 May - Online

Film & Discussion

Impact of Covid on Dying, Death & Bereavement

15 May - online

Sleep and Mental Health

19 May - Online

Introduction to Recovery

20 May - Online

Neurodiversity Co-production session

15 May - Online

Braintree courses

Mental Health as we Age

29 April & 6 May

Braintree Live Well Hub

Living Well with Anxiety

8 & 15 May

Braintree Live Well Hub

Mindfulness & Compassionate Listening

8, 15 & 22 May

Braintree, A Place to Be You

Creating Art

21 May

Braintree & Bocking Public Gardens

Recovery College Walks



30 April - Halstead

7 May - Maldon

19 May - Great Leighs

Evening courses

Bite-size Skills for Wellbeing

Online (evening)

29 Apr - Eating Healthily for Recovery

6 May - Relaxation Breathing

13 May - Journalling

20 May - Digital Wellbeing

Community Services to Support Recovery

Online (Evening)

7 May - Volunteering

21 May - Men's Mental Health

LGBTQ+ Self Care & Storytelling

12 May - Online (Evening)

Introduction to Therapeutic Filmmaking & Photography

14 May - Online (Evening)

Effective Communication

22 May - Online (evening)

South Woodham Ferrers Courses

Bereavement & Loss

28 April & 12 May

South Woodham Ferrers

Managing Difficult Emotions as a Carer

8 May

SWF Community Hub

Five Ways to Wellbeing

21 May

SWF Community Hub

Chelmsford Courses

Stigma & Mental Health

2 May

Chelmsford CVS

Writing for Self Discovery

7, 14 & 21 May

Chelmsford, Moulsham Mill

Finding & Retaining Employment

12 May

Chelmsford, Salvation Army

Neurodiversity Co-production session

22 May

Chelmsford CVS

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

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