

# Course Dates



## DECEMBER 2017

### Introduction to the Caring Role

- Tuesday 5<sup>th</sup> / 13:00-16:00 / Oxford

### Employment: Exploring Confidence

- Wednesday 13<sup>th</sup> / 13:00-16:00 / Didcot SOHA

### Benefits of Pets

- Wednesday 6<sup>th</sup> / 13:00-16:00 / Oxford

### Understanding Depression

- TBC

### Navigating the System

- TBC

All Oxfordshire Recovery College courses are open to adults accessing mental health services from the Oxfordshire Mental Health Partnership (see partner organisations below), professionals working within the OMHP and friends, relatives and carers of our students.

To book a place on any of our courses you will need to first enrol with the college and then attend an Induction and complete an Individual Learning Plan with one of our team. You can enrol via our website [www.oxfordshirerecoverycollege.org.uk/enrolment](http://www.oxfordshirerecoverycollege.org.uk/enrolment) or by completing an enrolment form which can be found in our prospectus. You can also request a form by calling the office on 01865 779613.

