

Course Dates



FEBRUARY 2018

Introduction to Recovery

- Tuesday 6th / 10:00-13:00 / Oxford
- Wednesday 7th / 10:00-13:00 / Banbury
- Monday 26th / 10:00-13:00 / Didcot

Understanding Mental Health

- Wednesday 21st / 10:00-13:00 / Witney
- Tuesday 27th / 10:00-13:00 / Oxford

Understanding Depression

- Friday 9th / 13:00-16:00 / Oxford
- Monday 19th / 13:00-16:00 / Didcot

Employment: Exploring Confidence

- Friday 2nd / 13:00-16:00 / Oxford
- Wednesday 28th / 10:00-13:00 / Banbury

Wildlife and Wellbeing: An Introduction

- Monday 12th / 10:00-13:00 / Didcot
- Friday 23rd / 09:30-12:30 / Banbury

Benefits of Pets

- Wednesday 14th / 13:00-16:00 / Witney

Understanding Self-Harm

- Wednesday 21st / 13:00-16:00 / Oxford

T'ai Chi and Wellbeing

- Friday 16th / 13:30-16:30 / Witney

Understanding Stigma

- Thursday 8th / 10:00-13:00 / Oxford

Food and Wellbeing

- Tuesday 13th / 10:00-13:00 / Oxford

All Oxfordshire Recovery College courses are open to adults (18+) 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 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.

