

Course Dates



JANUARY 2018

Introduction to the Caring Role

- Wednesday 17th / 13:00-16:00 / Witney

Understanding Psychosis

- Tuesday 16th / 10:00-13:00 / Oxford

Employment: Exploring Confidence

- Tuesday 23rd / 10:00-13:00 / Didcot SOHA

Wildlife and Wellbeing: An Introduction

- Tuesday 30th / 13:00-16:00 / Oxford

Benefits of Pets

- Monday 22nd / 13:00-16:00 / Oxford

Understanding Self-Harm

- Wednesday 31st / 10:00-13:00 / Oxford

T'ai Chi and Wellbeing

- Monday 29th / 13:00-16:00 / Oxford

Navigating The System

- Thursday 25th / 13:00-16:00 / Didcot

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.

