

Course Dates



MARCH 2018

Introduction to Recovery

- Tuesday 13th / 13:00-16:00 / Oxford
- Wednesday 28th / 13:00-16:00 / Witney

Understanding Mental Health

- Friday 2nd / 09:30-12:30 / Banbury
- Monday 12th / 10:00-13:00 / Oxford

Understanding Depression

- Friday 9th / 13:30-16:30 / Witney
- Wednesday 28th / 13:00-16:00 / Oxford

Introduction to the Caring Role

- Wednesday 7th / 13:00-16:00 / Oxford

Employment: Exploring Confidence

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

Wildlife and Wellbeing: An Introduction

- Wednesday 14th / 13:00-16:00 / Oxford
- Friday 23rd / 13:30-16:30 / Witney

Benefits of Pets

- Friday 16th / 09:30-12:30 / Banbury

Understanding Self-Harm

- Wednesday 7th / 12:00-15:00 / Banbury

T'ai Chi and Wellbeing

- Monday 19th / 10:00-13:00 / Oxford

Navigating the System

- Tuesday 20th / 13:00-16:00 / Oxford

Food and Wellbeing

- Tuesday 6th / 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.

