

Didcot Autumn Term Course Dates

Oxfordshire
Recovery
College

September-December 2021

Understanding Anxiety

Wednesday 22nd September
1-4pm

Introduction to Recovery

Tuesday 16th November
1-4pm

Understanding Depression

Thursday 14th October
1-4pm

Adapting to Change

Thursday 2nd December
1-4pm

‘Through learning together we support each other to grow in hope and confidence and develop skills to better manage our own mental health’

All of our courses in
Didcot will take place at:

The Park Room,
Didcot Civic Hall
Britwell Road
Didcot, OX11 7JN

If you would like to enrol as a student
with us, or book onto any courses,
please contact us on:

T: 01865 779613

E: contactORC@restore.org.uk

Head to our website to find out more
about what we do, our different courses
and all the latest Recovery College news:

www.oxfordshirerecoverycollege.org.uk