

# Banbury Summer Term Course Dates

Oxfordshire  
Recovery  
College

## April-July (in-person) 2022

### Understanding Eating Disorders

Friday 6th May (10am-1pm)

### Art Workshop – Self-Care Scrapbooking

Friday 27th May (1-3pm)

### Understanding Confidence

Friday 10th June (10am-1pm)

### Understanding Anxiety

Friday 17th June (10am-1pm)

‘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  
Banbury will take place at:

Banbury Wellbeing Hub (Mind),  
Britannia Road,  
Banbury, OX16 5DN

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](mailto: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](http://www.oxfordshirerecoverycollege.org.uk)