

# Berinsfield Autumn Term Course Dates

Oxfordshire  
Recovery  
College

## October-December (in-person) 2022

### Let's Talk Loneliness

Tuesday 18th October  
(10am-1.30pm)

### Introduction to Recovery

Tuesday 1st November  
(10am-1.30pm)

### Relationships & Mental Health (Part 1)

Tuesday 6th December  
(10am-1.30pm)

### Relationships & Mental Health (Part 2)

Tuesday 13th December  
(10am-1.30pm)

'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  
Berinsfield will take place at:

The Berin Centre  
Wimblestraw Road,  
Berinsfield,  
Wallingford, OX10 7LZ  
(OX10 7NR) for Sat Navs

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)

