

# Didcot Autumn Term Course Dates

Oxfordshire  
Recovery  
College

11th September - 15th December  
2023 (in-person)

Skills for Recovery (Part 1 -  
Acceptance)

19th September (10am-1pm)

Introduction to Bullet  
Journalling

27th November (2-4pm)

Skills for Recovery (Part 2 -  
Purpose)

26th September (10am-1pm)

Understanding Self  
Harm

11th December (10am-1pm)

Skills for Recovery (Part 3 -  
Resilience)

3rd October (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  
Didcot will take place at:

All Saints 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](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)