

Banbury Spring Term Course Dates

Oxfordshire
Recovery
College

15th January - 27th March 2024
(in-person)

Neurodiversity and Wellbeing
(Part 1)
Friday 26th January (10:00-13:00)

Art Workshop - Scrapbook
Journaling
Friday 1st March (10:00-12:00)

Neurodiversity and Wellbeing
(Part 2)
Friday 2nd February (10:00-13:00)

Menopause and Mental
Health
Friday 8th March (10:00-13:00)

Understanding Confidence
Friday 23rd February
(10:00-13:00)

‘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

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

