

Banbury Summer Term Course Dates

April to July 2024 (in-person)

Oxfordshire
Recovery
College

Skills for Recovery - Acceptance
(Part 1)

Friday 10th May (10:00-13:00)

Skills for Recovery - Purpose
(Part 2)

Friday 17th May (10:00-13:00)

Skills for Recovery - Resilience
(Part 3)

Friday 24th May (10:00-13:00)

Finding your Pathway
through the Services

Friday 7th June (13:00-16:00)

Understanding Depression

Friday 28th June (13:00-16:00)

‘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