

January *online



2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
27 December	28	29	30	31	1/2 January
3	4	5 1.30pm – 3pm: Friends & Family Support Group	6 11am – 12pm: Hearing Voices Group*	7	8/9
10	11	12 2pm – 3.30pm: Managing Anxiety 1	13 2pm – 3.30pm: Managing Low Mood 1	14 2.30pm – 3.30pm: Getting a Good Night's Sleep*	15/16
17 1.30pm – 3pm: Recovering Together*	18	19 2pm – 3.30pm: Managing Anxiety 2	20 11am – 12pm: Hearing Voices Group 2pm – 3.30pm: Managing Low Mood 2	21	22/23
24	25	26 2pm – 3.30pm: Managing Anxiety 3	27 10am – 11pm: Have Your Say*	28	29/30
31 10am – 11.30am: Recovering Together	1 February	2	3	4	5/6

February *online

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
31 January	1 February 4pm – 5.15pm: Living a Stress Less Life 1	2 1.30pm – 3pm: Friends & Family Support Group	3 11am – 12pm: Hearing Voices Group*	4	5/6
7	8 4pm – 5.15pm: Living a Stress Less Life 2	9	10	11	12/13
14 1.30pm – 3pm: Recovering Together*	15 4pm – 5.15pm: Living a Stress Less Life 3	16	17 11am – 12pm: Hearing Voices Group 1.30pm – 3.30pm: Creating Collage	18	19/20
21	22 4pm – 5.15pm: Living a Stress Less Life 4	23 2pm – 3.30pm: Be More Assertive	24 10am – 11am: Have Your Say*	25 10am – 11.30am: Understanding Emotions 1*	26/27
28 10am – 11.30am: Recovering Together	1 March	2	3	4	5/6
7	8	9	10	11	12/13

March *online

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
28 February	1 March	2 1.30pm – 3pm: Friends & Family Support Group	3 11am – 12pm: Hearing Voices Group*	4 10am – 11.30am: Understanding Emotions 2*	5/6
7	8 10am – 11.30am: Moving on with Journaling 1	9 1.30pm – 2.45pm: Living a More Mindful Life 1*	10 10am – 11.30am: Improving Self- Esteem*	11	12/13
14 1.30pm – 3pm: Recovering Together*	15 10am – 11.30am: Moving on With Journaling 2	16 1.30pm – 2.45pm: Living a More Mindful Life 2*	17 11am – 12pm: Hearing Voices Group	18 10am – 12pm: Crafty Creations 1	19/20
21	22 10am – 11.30am: Moving on With Journaling 3 2.30pm – 3.30pm: Have Your Say*	23 1.30pm – 2.45pm: Living a More Mindful Life 3*	24	25 10am – 12pm: Crafty Creations 2	26/27
28 10am – 11.30am: Recovering Together	29 10am – 11am: Managing Low Mood 1	30 1.30pm – 2.45pm: Living a More Mindful Life 4*	31	1 April	2/3
4	5	6	7	8	9/10

April *online

WOKINGHAM
RECOVERY COLLEGE



2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
28 March	29	30	31	1 April 10am – 12pm: Crafty Creations 3	2/3
4	5 10am – 11am: Managing Low Mood 2	6 1.30pm – 3pm: Friends & Family Support Group	7	8 10am – 12pm: Crafty Creations 4	9/10
11 1.30pm – 3pm: Recovering Together*	12	13	14 11am – 12pm: Hearing Voices Group*	15 GOOD FRIDAY	16/17
18 EASTER MONDAY	19 10am – 12pm: Food & Mood	20	21	22 10am – 11.30am: Managing Anxiety 1*	23/24
25 10am – 11.30am: Recovering Together	26	27 2pm – 3pm: Have Your Say	28 11am – 12pm: Hearing Voices Group	29 10am – 11.30am: Managing Anxiety 2*	30/1 May
2	3	4	5	6 10am – 11.30am: Managing Anxiety 3*	7/8