

Recovery College Summer School

Mon 8th – Fri 12th August

Ever wondered about the other services around the Trust but never had a chance to explore them?

This summer the Recovery College is hosting a full week of workshops from trust services – it's an opportunity to learn more, ask questions, and find out what resources are available to you.

Mon 8 th	Tue 9 th	Wed 10 th	Thur 11 th	Fri 12 th
<p>10:00-12:00</p> <p>Complementary Therapies reflexology, aromatherapy & massage</p>	<p>10:00-12.30</p> <p>Transferrable Skills Employment Specialist workshop</p>	<p>10:00-12.30</p> <p>Mindfulness & Meditation <u>STAFF</u> session</p>	<p>10:00-12:00</p> <p>Complementary Therapies reflexology, aromatherapy & massage</p>	<p>10:00-12.30</p> <p>Bridging the Gap Employment Specialist workshop</p>
<p>13:00-15:00</p> <p>Welfare Benefits Intro / Outreach programme plus a Q&A session</p>	<p>13:00-15:00</p> <p>Welfare Benefits Intro / Outreach programme plus a Q&A session</p>	<p>13:30-16:00</p> <p>Involvement How service users can have a voice in Trust activities</p>	<p>13.30-16:00</p> <p>Art Workshop The role of the arts in recovery and where to find resources</p>	

Spaces are limited so book early to avoid disappointment

To register or find out more please:

Phone: 020 3513 5818

Email: recoverycollege@swlstg-tr.nhs.uk

Web: www.swlstg-tr.nhs.uk

