Kent & Medway recovery & wellbeing College

NHS Kent and Medway Mental Health NHS Trust

Want to improve your wellbeing?

We provide **free** health-related educational courses for adults in supportive and accessible learning spaces. Through education, people can make sense of their experiences and learn how to take care of themselves.

Join our free courses in Medway & Swale

Course	Date	Time	Venue
Wilder Wellbeing	Tues, 22, 29 Sept & 6,13, 20, 27 Oct	10am to 12 midday	Milton Creek, Sittingbourne
Introduction to Recovery College	Tues, 22 Sept	10.30am to 12.30pm	Magpie Café, Chatham
Mental Health Toolkit	Tues, 29 Sept	1 to 3pm	Heather House, Sittingbourne
Introduction to Recovery College	Thurs, 1 Oct	1 to 3pm	Sheppey Matters (next to Eastchurch Village Hall), Sheerness
How to Say No	Tues, 6 & 13 Oct	1 to 3pm	Rochester Adult Education
Winter Wellbeing	Thurs, 12 Nov	2 to 4pm	The Hope Street Centre, Sheerness
Create a Better Christmas	Tues, 17 Nov	1 to 3pm	Heather House, Sittingbourne
Nurture in Nature	Thurs, 26 Nov	1 to 3pm	Rushenden Wellbeing Hub, Manor Road
Caring for Carers	Tues, 1 & 8 Dec	1 to 3pm	Rochester Adult Education

Contact: kmmh.medwayrc@nhs.net
Use the QR code to register
Or call: 07707 152428

A place for everyone.