

Canterbury timetable

Courses	No. of weeks	Day & time	2025	Venue
Introduction to Recovery College	1	Tues, 12 midday to 2pm	22 April	Faversham Umbrella Centre
Introduction to Recovery College	1	Wed, 1 to 3pm	23 April	Herne Bay Umbrella Centre
Introduction to Recovery College	1	Thurs, 11am to 1pm	24 April	Canterbury Umbrella Centre
Understanding How I Learn	1	Wed, 2 to 4pm	30 April	Canterbury Adult Education Centre
Reading for Wellbeing	1	Thurs, 10.30am to 12.30pm	8 May	Canterbury Adult Education Centre
Goodbye to Clutter	2	Thurs, 10.30am to 12.30pm	15 & 22 May	MS Therapy Centre
How to Sleep Well	1	Tues, 2 to 4pm	20 May	Canterbury Adult Education Centre
Exploring Psychosis	4	Wed, 2 to 4pm	11, 18, 25 June & 2 July	Canterbury Adult Education Centre

See more courses...

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Creativity for Wellbeing - Starlight	1	Thurs, 10.30am to 12.30pm	3 July	MS Therapy Centre
Summer Wellbeing	1	Thurs, 1 to 3pm	10 July	Abbey Gardens, Faversham
Summer Celebration	1	Tues, 1 to 3pm	22 July	The Beaney, Canterbury Library

Contact: kmpt.canterburyrc@nhs.net
Call: 07435 778961

Use the QR code to register, or follow us on

