

## Maidstone timetable

Courses	No. of weeks	Day & time	2025	Venue
Introduction to Recovery College	1	Wed, 9.30 to 11.30am	30 April	Fusion Healthy Living Centre
Relax and Breathe	1	Wed, 10 to 12 midday	7 May	Greensand Health Centre
Mental Health Toolkit	1	Tues, 2 to 4pm	13 May	<u>Fusion Healthy Living Centre</u>
Men's Sheds (guest speaker)	1	Mon, 1 to 3pm	19 May	<u>Maidstone</u> Community Support Centre
Introduction to Meditation	1	Tues, 10am to 12 midday	10 June	<u>Fusion</u> Healthy Living Centre
Action for Happiness (guest speaker)	1	Wed, 2 to 4pm	18 June	Greensand Health Centre
Creativity for Wellbeing – fabric coaster	1	Wed, 10am to 12 midday	2 July	Greensand Health Centre
Summer Celebration	1	Tues, 1 to 4pm	22 July	Tyland Barn

Contact: [kmpt.maidstonerc@nhs.net](mailto:kmpt.maidstonerc@nhs.net)  
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Use the QR code to register, or follow us on

