

Tunbridge Wells timetable

Courses	No. of weeks	Day & time	2025	Venue
Introduction to Recovery College	1	Wed, 2 to 4pm	22 April	Grosvenor and Hilbert Park Hub
Introduction to Recovery College	1	Wed, 10am to 12 midday	30 April	Mental Health Resource Hub
How to Sleep Well	1	Wed, 10am to 12 midday	7 May	Mental Health Resource Hub
Healing Words	1	Tues, 10am to 12 midday	20 May	Grosvenor and Hilbert Park Hub
Living Well on a Budget	1	Wed, 10am to 12 midday	18 June	Mental Health Resource Hub
Mental Health Toolkit	1	Wed, 10am to 12 midday	9 July	Mental Health Resource Hub
Student Connect	1	Wed, 11am to 1pm	23 July	Grosvenor and Hilbert Park Hub

Contact: kmpt.tunbridgewellsrc@nhs.net
Call: 07720 152576

Use the QR code to register, or follow us on

