



Want to improve your wellbeing?

We provide health-related educational courses for adults **free of charge** 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 Thanet

Course	Date	Time	Venue
Exploring Psychosis	Tues, 16, 23, 30 Sept, 7 Oct	2pm to 4pm	Gap Project, Broadstairs
Building Motivation by Setting Goals	Thurs, 25 Sept & 2 Oct	1.30pm to 3.30pm	Veterans Centre, Birchington
Autumn Wellbeing	Wed, 8 Oct	1 to 3pm	SpeakUp CIC, Margate
Relax and Breathe	Tues, 14 Oct	10.30am to 12.30pm	Arts in Ramsgate
Creativity for Wellbeing - Starlight	Tues, 4 Nov	10.30am to 12.30pm	Arts in Ramsgate
Top Tips for Applications and Interviews	Thurs, 13 & 20 Nov	1.30pm-3.30pm	Veterans Centre, Birchington
Create a Better Christmas	Tues, 25 Nov	10.30am to 12.30pm	Arts in Ramsgate
Mental Health Toolkit	Wed, 26 Nov	10.30am to 12.30pm	Gap Project, Broadstairs
Student Connect	Tues, 2 Dec	10.30 to 12.30pm	Arts in Ramsgate

To enrol, scan the QR code, or visit
<https://www.kmpt.nhs.uk/about-us/recovery-and-wellbeing-college/>

If you need support to enrol call your co-ordinators Elaine 07749 573570 or Dex 07519922561 or email kmpt.thanetrc@nhs.net



Kent and Medway
 NHS and Social Care Partnership Trust