



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 Dartford, Gravesham & Swanley

Course	Date	Time	Venue
Introduction to Recovery College	Thurs, 25 Sept	2 to 4pm	St Peter & St Paul Church Centre, Swanscombe
Relax & Breathe	Wed, 1 Oct	10am to 12 Midday	Moat Housing Hub, Gravesend
Creativity for Wellbeing	Tues, 14 Oct	10am to 12 Midday	Dartford Adult Education Centre
Introduction to Recovery College	Wed, 15 Oct	1 to 3pm	Moat Housing Hub, Gravesend
How to Sleep Well	Wed, 5 Nov	10am to 12 Midday	Moat Housing Hub, Gravesend
Introduction to Recovery College	Wed, 19 Nov	1 to 3pm	Moat Housing Hub, Gravesend
Winter Wellbeing	Thurs, 27 Nov	2pm to 4pm	St Peter & St Paul Church Centre, Swanscombe
Student Connect	Wed, 3 Dec	10am to 12 Midday	Moat Housing Hub, Gravesend

To enrol, scan the QR code, or visit:

<https://www.kmpt.nhs.uk/about-us/recovery-and-wellbeing-college/>

To book call 07756 295593 or email kmpt.dartfordrc@nhs.net



Kent and Medway
NHS and Social Care Partnership Trust