



Work and Learning

We can offer support with:

- CVs
- Cover Letters
- Application forms for jobs/training
- Researching jobs
- Researching training opportunities
- Researching volunteering opportunities
- Interview practice
- Goal setting
- Writing letters/emails

Hearing Voices Group

This is a relaxed and confidential group for those who hear voices and may or may not have been given a mental health diagnosis.

This is specifically aimed at those who feel their voices intrude, disrupt and upset their lives.

The Recovery College start 22 January and ends Friday 23 March 2018.

We offer a range of courses that are creative, fun and can help to build self confidence. Our courses are free and open to all. They cover:

- Health, Wellbeing and Personal Development
- Move On, Client Support and Practical Skills
- Arts, Culture and Creativity
- IT and Digital Media
- English and Maths

Spring term enrolment – on Wednesday 17, Thursday 18 and Friday 19 January 11am – 4pm at 13 Market Lane, Shepherd's Bush W12 8EZ

Who can attend? Are you someone interested in learning and meeting new people? Then the Recovery College is for you.

Our Recovery College ethos We are all people first; let's celebrate our differences and focus on our strengths. No one likes to be hurt or humiliated so let's respect each other in discussion and debate we can challenge the opinion but not the person. Let's leave our worries at the door, be friendly, positive and welcoming.

Find out more

To find out more, see our full prospectus at

www.mungos.org/recoverycollege
Email: Recovery.College@Mungos.org
Tel: 0207 902 7940.

WEST LONDON
13 Market Lane
Shepherd's Bush
London
W12 8EZ

St Mungo's
Ending homelessness
Rebuilding lives



Recovery College
Courses
Spring 2018
January to March

St Mungo's
Ending homelessness
Rebuilding lives

www.mungos.org
Registered Charity No 1149085

All courses start the week of Monday 22 January and run at
13 Market Lane, Shepherd's Bush W12 8EZ

Timetable January to March 2018

Monday	<p>Introduction to Chi Gung Mondays from 22 January to 19 March 12pm – 1pm</p>	<p>Introduction to Film Making Course Mondays from 22 January to 19 March 2pm – 1pm</p>
Tuesday	<p>Move on Training Tuesdays from 23 January to 20 March 11am – 1pm</p>	<p>Intermediate Music Group Tuesdays from 23 January to 20 March 2:30pm – 5:30pm Sessions run the first three weeks of every month</p>
Wednesday	<p>Literacy and Numeracy Wednesdays from 24 January to Wednesday 21 March 11am – 1pm</p>	<p>Work and Learning Wednesdays from 24 January to Wednesday 21 March 2pm – 4pm</p>
Thursday	<p>Art Group Thursday from 25 January to 22 March 11am – 1pm</p>	<p>Making Music on an iMac Thursdays from 25 January to 22 March 2pm – 4pm</p>
Friday	<p>Hearing Voices Group Fridays from 26 January to 23 March 11am – 12pm</p>	<p>Introduction to IT Fridays from 26 January to 23 March 2pm – 4pm</p>