

Compass Recovery College Workshop Schedule July to September 2024

Welcome

Compass Recovery College run **free mental health and wellbeing workshops**, both online and in person. Here at Compass Recovery College there's **something for everyone!** The wide range of workshops we offer are an educational route to **recovery from mental health challenges** and **increasing positive wellbeing**.

Our workshops focus on **self-management skills and living well**, with the aim of all participants becoming experts in their own self-care. All our workshops are **co-produced**; designed and delivered by people with lived experience of mental health challenges together with mental health professionals. Our aim is for everyone to feel listened to in a safe space, with the opportunity to connect with others.

Everyone is welcome and everyone is a participant, whether affected directly or indirectly by mental ill health. You do not need a referral or a diagnosis to attend. So, whether you are struggling yourself, or perhaps you are a carer, family member or professional who would like to know more about mental health and wellbeing, we can help..



Our Workshops:

MENTALHEALTH WORKSHOPS

Designed to help us understand mental health challenges. These workshops focus on increasing knowledge, building confidence, and teaching self-management skills to help us in our day to day lives.

WELLBEING WORKSHOPS

Designed to improve wellbeing and help keep us well. They provide a space to explore our creative side, engage in exercise and connect with others

DROP IN SESSIONS

Join us to explore and get in touch with your creative side.

Compass Recovery College Workshop Types

In-Person workshops

Our face-to-face workshops are delivered in various settings across Reading, including educational, health, social and community venues. The locations include, but are not limited to, town centre, Whitley, Coley, Cemetery junction and Caversham.

We ask for confirmation of attendance 10 days prior to the first session via Email

Online workshops

Interactive Webinar

Our interactive webinars allow participants to engage in online learning. A webinar turns our workshops into real-time learning using MS Teams on a phone, tablet, laptop or desktop computer. Our team will talk you through workshop content alongside a PowerPoint. You are invited to participate in conversations and share what works for you, if you like, as we go along.

A camera and Microphone are needed for these sessions

Standard Webinar

In our standard webinar you can see and listen to our team discussing workshop content. You will see a PowerPoint and the team, and can interact with them throughout, by writing in via the questions box.

No camera and Microphone are needed for these sessions

Check out our [website](#) for a full list of current workshops locations
We are always looking for new spaces to deliver sessions from. If your venue can host a workshop please contact us.
tel: 0118 9373945, email: compass.opportunities@reading.gov.uk



July - September 2024

Telephone: 01189 373 945

Email: compass.opportunities@reading.gov.uk

July

MONDAY 1st

TUESDAY 2nd

WEDNESDAY 3rd

THURSDAY 4th

FRIDAY 5th

Coffee & Chat
The Biscuit Factory
11:00-12:30

Walk-Talk-Walk
Palmer Park
10.30-12.00

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July

MONDAY 8th

TUESDAY 9th

WEDNESDAY 10th

THURSDAY 11th

FRIDAY 12th

Coffee & Chat
The Biscuit Factory
11:00-12:30

Walk-Talk-Walk
Palmer Park
10.30-12.00

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July

MONDAY 15th

TUESDAY 16th

WEDNESDAY 17th

THURSDAY 18th

FRIDAY 19th

Coffee & Chat
The Biscuit Factory
11:00-12.30

Food and Mood
Civic Offices
12:00 to 13:30

Walk-Talk-Walk
Palmer Park
10.30-12.00

Yoga and Breathwork
RISC
(Part 1/3)
14:00 to 15:30

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July

MONDAY 22nd

Yoga and Breathwork

RISC
(Part 2/3)
14:00 - 15:30

TUESDAY 23rd

Coffee & Chat

The Biscuit Factory
11:00-12.30

Improving Resilience

Civic Offices
12:00 – 13:30

Managing Money Worries

Whitley Wood Community
Centre
15:00 – 16:00

WEDNESDAY 24th

Art Group on Tour

Forbury Gardens
(Part 1/4)
13:00 to 14:30

THURSDAY 25th

FRIDAY 26th

Walk-Talk-Walk

Palmer Park
10.30-12.00

July/August

MONDAY 29th

Yoga and Breathwork
RISC
(Part 3/3)
14:00 to 15:30

TUESDAY 30th

Coffee & Chat
The Biscuit Factory
11.00-12.30

WEDNESDAY 31st

Art Group on Tour
Forbury Gardens
(Part 2/4)
13:00 to 14:30

THURSDAY 1st

**Managing Overwhelming
Emotions**
Civic Offices
12:00-13:30

FRIDAY 2nd

Walk-Talk-Walk
Palmer Park
10.30-12.00

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August

MONDAY 5th

TUESDAY 6th

WEDNESDAY 7th

THURSDAY 8th

FRIDAY 9th

Coffee & Chat
The Biscuit Factory
11:00-12:30

Art Group on Tour
Prospect Park
(Part 3/4)
13:00 to 14:30

Emotional Boundaries
Civic Offices
12:00-13:30

Walk-Talk-Walk
Palmer Park
10.30-12.00

August

MONDAY 12th

TUESDAY 13th

WEDNESDAY 14th

THURSDAY 15th

FRIDAY 16th

Coffee & Chat
The Biscuit Factory
11:00-12.30

Art Group on Tour
Prospect Park
(Part 4/4)
13:00 to 14:30

Guilt as a Barrier
Civic Offices
12:00-13:30

Walk-Talk-Walk
Palmer Park
10.30-12.00

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August

MONDAY 19th

TUESDAY 20th

WEDNESDAY 21st

THURSDAY 22nd

FRIDAY 23rd

Coffee & Chat
The Biscuit Factory
11:00-12.30

Neurodiversity & Mental Health
Civic Offices
14:00-15:30

Walk-Talk-Walk
Palmer Park
10.30-12.00

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August

MONDAY 26th

BANK HOLIDAY

TUESDAY 27th

Coffee & Chat
The Biscuit Factory
11:00-12.30

WEDNESDAY 28th

Stress Reduction
Civic Offices
12:00-13:30

THURSDAY 29th

FRIDAY 30th

Walk-Talk-Walk
Palmer Park
10.30-12.00