

Milton Keynes Recovery & Wellbeing College

Monday 9th January to Friday 31st March

You can request a place on any of our courses in one of three ways:



1. If you have joined us before, welcome back! Email cnwl.mkrecoverycollege@nhs.net with your choice of courses



2. If you are new to the College and have never enrolled online before, welcome! Please click [this link](#) to enrol, or go to www.cnwl.nhs.uk find 'Services' then click 'Recovery and Wellbeing College' to find out more



3. If you'd rather speak to a person, do call **01908 725351**

Please note

- All face-to-face courses are held at **226 Queensway Bletchley MK2 2TE.**

For full course descriptions, please see the online prospectus

[CNWL Recovery & Wellbeing College](#)

226 Queensway Bletchley MK2 2TE



CNWL recovery
& wellbeing college
Hope • Control • Opportunity

Understanding Depression (for Milton Keynes residents only)

Face-to-Face 2.5 hour workshop

226 Queensway Bletchley Milton Keynes MK2 2TE	1.30pm – 4pm	Monday 9th January
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Beating mental health discrimination and stigma (for Milton Keynes residents only)

Face-to-Face 2 week course

226 Queensway Bletchley Milton Keynes MK2 2TE	1.30pm – 4pm	Thursday 12th January Thursday 19th January
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Exploring what works for me (for Milton Keynes residents only)

Face-to-Face 3 week course

226 Queensway Bletchley Milton Keynes MK2 2TE	1.30pm – 4pm	Monday 16 th January Monday 30 th January Monday 6 th February
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For full course descriptions, please see the online prospectus

[CNWL Recovery & Wellbeing College](#)

226 Queensway Bletchley MK2 2TE



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Discovering Self-Compassion (for Milton Keynes residents only)

Face-to-Face 4 week course

226 Queensway Bletchley Milton Keynes MK2 2TE	10.30am – 1pm	Wednesday 18th January Wednesday 25th January Wednesday 1st February Wednesday 8th February
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How healthy eating and being active can improve mental health (for Milton Keynes residents only)

Face-to-Face 2 week course

226 Queensway Bletchley Milton Keynes MK2 2TE	1.30pm – 4pm	Thursday 19 th January Thursday 26 th January
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Getting a good night's sleep (for Milton Keynes residents only)

Face-to-Face 2.5 hour workshop

226 Queensway Bletchley Milton Keynes MK2 2TE	1.30pm – 4pm	Monday 23rd January
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Understanding Bereavement (for Milton Keynes residents only)

Face-to-Face 2.5 hour workshop

226 Queensway
Bletchley Milton Keynes
MK2 2TE

10.30am – 1pm

Friday 27th January

Understanding Bipolar (for Milton Keynes residents only)

Face-to-Face 2 week course

226 Queensway
Bletchley Milton Keynes
MK2 2TE

10.30am – 1pm

Friday 3rd February
Friday 10th February

Setting up a peer support group (for Milton Keynes residents only)

Face-to-Face 2 week course

226 Queensway
Bletchley Milton Keynes
MK2 2TE

1.30pm – 4pm

Monday 20th February
Monday 27th February

For full course descriptions, please see the online prospectus

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Telling my story

Face-to-Face 6 week course

226 Queensway Bletchley Milton Keynes MK2 2TE	1.30pm – 4pm	Wednesday 22nd February Wednesday 1st March Wednesday 8th March Wednesday 15th March Wednesday 22nd March Wednesday 29th March
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Developing Resilience (for Milton Keynes residents only)

Face-to-Face 3-week course

226 Queensway Bletchley Milton Keynes MK2 2TE	10.30am – 1pm	Friday 24th February Friday 3rd March Friday 10th March
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Understanding Anxiety (for Milton Keynes residents only)

Face-to-Face 2.5 hour workshop

226 Queensway Bletchley Milton Keynes MK2 2TE	1.30pm – 4pm	Monday 13th March
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Spirituality and Wellbeing (for Milton Keynes residents only)

Face-to-Face 2.5 hour workshop

226 Queensway
Bletchley Milton Keynes
MK2 2TE

10.30am – 1pm

Friday 24th March

Understanding Psychosis (for Milton Keynes residents only)

Face-to-Face 2.5 hour workshop

226 Queensway
Bletchley Milton Keynes
MK2 2TE

1.30pm – 4pm

Monday 27th March

Developing Assertiveness skills (for Milton Keynes residents only)

Face-to-Face 2.5 hour workshop

226 Queensway
Bletchley Milton Keynes
MK2 2TE

10.30am-1pm

Friday 31st March

For full course descriptions, please see the online prospectus

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