



Recovery in Mind is a community organisation, where adults living in West Berkshire get the opportunity to learn life long skills and tools to improve and manage their mental health and wellbeing.

Our friendly trainers cover course topics such as; self-compassion, positive thinking, creativity for recovery and 5 Ways to Wellbeing to name but a few.

Imagine gaining a GCSE in your own mental health and wellbeing!

Due to the lockdown we're currently running our free courses online and termly.

The course is set out as follows;

You register to watch our 'bitesize' film to see if Recovery in Mind is for you.

From there you attend our five week 'Welcome to Recovery' online course. The group course follows a weekly topic led by our friendly course trainers.

Topics covered are; Hope, Personal Responsibility, Wellness Toolbox, Support & our supporters and Healthy Living.

Under normal circumstances, after the five weeks you can choose to attend one of our other courses, such as our Five ways to Wellbeing course, Self Compassion, self-esteem or Mindful Walking sessions to name but a few.

As lockdown eases we hope to return to face-to-face courses, so watch this space!

Regular students can sign up for monthly newsletters produced by the team to help maintain good mental health. (Copies available via the website)

We also have resources, tools and tips for anyone who wishes to improve their mental health via our website. Such as our nano courses (films), which only take 5-6 minutes to watch giving insight into various aspects of mental health and wellbeing <https://recoveryinmind.org/resources/>.

We have spaces available on our next 'Welcome to Recovery' course, so please visit our website [www.recoveryinmind.org](http://www.recoveryinmind.org). Go to 'free courses' and sign up to watch our short 'bitesize' film, to decide if Recovery in Mind is for you. If it is, simply book onto the 'Welcome to Recovery' course.

No Doctor's referral is needed. Course times and days can vary depending upon demand.

All men and women are welcome from 18 upwards living in West Berkshire. The courses are welcoming and confidential.

*'Recovery in Mind makes you look at challenges in a very different way'*

*'I found the courses so helpful - they are not aimed at individual counselling but are about learning/studying together in a caring environment. They are supportive, positive and forward looking; encouraging you to accept yourself and develop your own personal 'wellness toolbox'.'*