



Leicestershire Recovery College

Free Mental Health and Wellbeing Courses for Adults



Weekly Wellbeing Sessions

Meditation and Mindfulness

Every Tuesday
(Except during term time closures)

1pm - 1:30pm

Starting Tuesday 1st September

Online: Microsoft Teams

Journaling

Every Thursday
(Except during term time closures)

1pm - 1:30pm

Starting Thursday 3rd September

Online: Microsoft Teams

Course Dates, Times and Venues can be subject to change.
To check course information or to book on, please contact us!



0116 295 1196



LPT.RecoveryCollege@nhs.net



Leicestershire Recovery College

Free Mental Health and Wellbeing Courses for Adults



September

Autumn 2026

Mental Health and Nicotine Addiction

Tuesday 1st September
1:30pm - 2:30pm
Online: Microsoft Teams

Introduction to Emotional Mindfulness

Wednesday 2nd September
2pm - 4pm
**Education and Training College,
Glenfield**

It's Not About the Drawing (Art Led Wellbeing Session)

Friday 4th September
10am - 12pm
Online: Microsoft Teams

Gardening for Wellbeing

Monday 7th September
1pm - 4pm
A Place To Grow, Enderby

Understanding Psychosis and Schizophrenia

Thursday 10th September
10am - 12pm
Online: Microsoft Teams

Involvement Opportunities

Tuesday 15th September
10:30am - 11:30am
Online: Microsoft Teams

**Course Dates, Times and Venues can be subject to change.
To check course information or to book on, please contact us!**



0116 295 1196



LPT.RecoveryCollege@nhs.net



Leicestershire Recovery College

Free Mental Health and Wellbeing Courses for Adults



September

Autumn 2026

Being a Carer

Wednesday 16th September

1pm - 3pm

Online: Microsoft Teams

Humour for Recovery

Monday 21st September

1pm - 4pm

Leicester Adult Education College

Understanding Stress and Resilience

Wednesday 23rd September

10am - 12pm

Online: Microsoft Teams

Building Confidence in Using Microsoft Teams

Friday 25th September

11am - 11:45am

Online: Microsoft Teams

Gardening for Wellbeing

Monday 28th September

1pm - 4pm

A Place To Grow, Enderby

**Course Dates, Times and Venues can be subject to change.
To check course information or to book on, please contact us!**



0116 295 1196



LPT.RecoveryCollege@nhs.net



Leicestershire Recovery College

Free Mental Health and Wellbeing Courses for Adults



October

Autumn 2026

It's Not About the Drawing (Art Led Wellbeing Session)

Friday 2nd October
10am - 12pm

Online: Microsoft Teams

Perfectionism

2 week course starting on:
Thursday 8th October
10:30am - 12pm

Online: Microsoft Teams

Understanding Medications for Mental Health

Thursday 15th October
1:30pm - 3:30pm

Online: Microsoft Teams

Routines Building a Balanced Life

3 week course starting on:
Tuesday 27th October
1:30pm - 3pm

Online: Microsoft Teams

Mental Health and Nicotine Addiction

Thursday 1st October
1:30pm - 2:30pm

Online: Microsoft Teams

Lets Talk Safety: Harm Reduction

Wednesday 7th October
2pm - 4pm

Online: Microsoft Teams

Dealing with Worries

Monday 12th October
1pm - 3pm

**Symington Building,
Market Harborough**

Reading Round

4 week course starting on:
Tuesday 27th October
10:30am - 12pm

Online: Microsoft Teams

Recovery Goals

2 week course starting on:
Friday 30th October
1pm - 2:30pm

Atkins Building, Hinckley

**Course Dates, Times and Venues can be subject to change.
To check course information or to book on, please contact us!**



0116 295 1196



LPT.RecoveryCollege@nhs.net



Leicestershire Recovery College

Free Mental Health and Wellbeing Courses for Adults



November

Autumn 2026

Understanding Motivation and Positivity

Monday 2nd November

10am - 12pm

Online: Microsoft Teams

Introduction to Emotional Mindfulness

Wednesday 4th November

2pm - 4pm

Leicester Adult Education Centre

Writing for Self-Expression

4 week course starting on:

Thursday 5th November

10:30am - 12pm

Online: Microsoft Teams

It's Not About the Drawing (Art Led Wellbeing Session)

Friday 6th November

10am - 12pm

Online: Microsoft Teams

Introduction to the Employment Support Service

Monday 9th November

1pm - 3pm

Online: Microsoft Teams

Facilitation and Training Skills

6 week course starting on:

Wednesday 11th November

10am - 12pm

Bishopdale Adult Learning Hub

**Course Dates, Times and Venues can be subject to change.
To check course information or to book on, please contact us!**



0116 295 1196



LPT.RecoveryCollege@nhs.net



Leicestershire Recovery College

Free Mental Health and Wellbeing Courses for Adults



November

Autumn 2026

Retrain the Brain

2 week course starting on:
Monday 16th November
1pm - 3pm

Online: Microsoft Teams

Understanding Psychosis and Schizophrenia

Tuesday 17th November
2pm - 4pm

Online: Microsoft Teams

Self Compassion

Wednesday 18th November
1pm - 3pm

Online: Microsoft Teams

Learn to Surf

3 week course starting on:
Friday 20th November
1pm - 3:15pm

Leicester Adult Education College

Understanding Medications for Mental Health

Thursday 26th November
1:30pm - 3:30pm

Online: Microsoft Teams

Understanding Bipolar Disorder

TBC

**Course Dates, Times and Venues can be subject to change.
To check course information or to book on, please contact us!**



0116 295 1196



LPT.RecoveryCollege@nhs.net



Leicestershire Recovery College

Free Mental Health and Wellbeing Courses for Adults



December

Autumn 2026

Social Anxiety **Finding Calm in Connection**

Tuesday 1st December
10am - 12pm

Online: Microsoft Teams

It's Not About the Drawing **(Art Led Wellbeing Session)**

Friday 4th December
10am - 12pm

Online: Microsoft Teams

Loneliness **Get Better Connected**

Monday 7th December
10am - 12pm

Online: Microsoft Teams

Lets Talk Safety: **Harm Reducation**

Monday 7th December
2pm - 4pm

Online: Microsoft Teams

Understanding Medications **for Mental Health**

Thursday 10th December
1:30pm - 3:30pm

Online: Microsoft Teams

Course Dates, Times and Venues can be subject to change.
To check course information or to book on, please contact us!



0116 295 1196



LPT.RecoveryCollege@nhs.net