



Leicestershire Recovery College

Free Mental Health and Wellbeing Courses for Adults

Weekly Drop – Ins

Meditation and Mindfulness Club

Every Tuesday during
Spring Term
Starting Tuesday 13th January
1pm - 1:30pm
Online: Microsoft Teams

Journaling Club

Every Tuesday during
Spring Term
Starting Tuesday 13th January
1pm - 1:30pm
Online: Microsoft Teams

It's Not About the Drawing

Monday 12th January
1pm - 3pm
Online: Microsoft Teams

Monday 23rd February
1pm - 3pm
Online: Microsoft Teams

Monday 26th January
1pm - 3pm
Online: Microsoft Teams

Monday 9th March
10am - 12pm
Online: Microsoft Teams

Monday 9th February
1pm - 3pm
Online: Microsoft Teams

Monday 23rd March
10am - 12pm
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



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January Spring 2026

Humour for Recovery

6 week course starting on:
Thursday 8th January
2pm - 4pm
LCB Depot, Leicester City

Social Media and Wellbeing

Monday 12th January
10am - 12pm
Online: Microsoft Teams

Understanding Medications for Mental Health

Friday 16th January
10am - 12pm
Online: Microsoft Teams

Reading Round

4 week course starting on:
Friday 16th January
12pm - 1:30pm
Online: Microsoft Teams

Introduction to It's Not About the Drawing

Monday 19th January
1pm - 3pm
Online: Microsoft Teams

Let's Get Digital

3 week course starting on:
Tuesday 20th January
10am - 12:30pm
Leicester Adult Education College

Introduction to Arts in Mental Health

Tuesday 27th January
10am - 12pm
To Be Confirmed

Understanding Psychosis and Schizophrenia

Friday 30th January
10am - 12pm
Online: Microsoft Teams

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February

Spring 2026

Loneliness: Get Better Connected

Monday 2nd February
10am - 12pm

Online: Microsoft Teams

Intro to Recovery - CHIME

5 week course starting on:
Tuesday 3rd February
10am - 12pm

LCB Depot, Leicester City

Recovery Goals: Reflect and Reset

Wednesday 4th & 11th February
10am - 11:30am

Market Harborough Leisure Centre

Managing Stress

Wednesday 4th & 11th February
1:30pm - 3:30pm

Online: Microsoft Teams

Building Confidence in MS Teams

Thursday 5th February
11am - 11:45am

Online: Microsoft Teams

Understanding Medications

Friday 6th February
OR Friday 27th February
10am - 12pm

Online: Microsoft Teams

Student Feedback Forum

Monday 23rd February
11am - 12pm

Online: Microsoft Teams

Lets Talk Safety: Harm Reduction

Wednesday 25th February
10am - 12pm

Online: Microsoft Teams

Introduction to Emotional Mindfulness

Wednesday 25th February
2pm - 4pm

Online: Microsoft Teams

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March

Spring 2026

Connecting with Nature

Monday 2nd March
10am - 12pm

Online: Microsoft Teams

Introduction to Journaling

Monday 2nd March
1pm - 3pm

Online: Microsoft Teams

Involvement Opportunities Within LPT

Wednesday 4th March
10:30am - 12pm

Online: Microsoft Teams

Routines:

Building a Balanced Life

Wednesday 4th & 11th March
1:30pm - 3pm

LCB Depot, Leicester City

Writing for Self-Expression

4 week course starting on:
Thursday 5th March
10:30am - 12pm

Online: Microsoft Teams

Learn to Surf

Thursday 5th, Friday 13th & 20th March
1pm - 3:15pm

To Be Confirmed

Understanding Psychosis and Schizophrenia

Friday 6th March
10am - 12pm

LCB Depot, Leicester City

Social Anxiety

Friday 6th March
1pm - 3pm

Online: Microsoft Teams

Introduction to Employment Support

Wednesday 11th March
10am - 12pm

Online: Microsoft Teams

Understanding Medications for Mental Health

Friday 13th March
10am - 12pm

Online: Microsoft Teams

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March

Spring 2026

Introduction to Self Care

Monday 16th March
10am - 12pm
Wigston Library

Mental Health and Smoking

Tuesday 17th March
10am - 12pm
Online: Microsoft Teams

Recovery Goals: Reflect and Reset

Wednesday 18th & 25th March
10am - 11:30am
Online: Microsoft Teams

Lets Talk Safety: Harm Reduction

Wednesday 18th March
2pm - 4pm
To Be Confirmed

Social Anxiety

Friday 20th March
10am - 12pm
Marlene Reid Centre, Coalville

Gardening for Wellbeing

Monday 23rd March
1:30pm - 3:30pm
A Place to Grow, Enderby

Understanding Bipolar Disorder

Tuesday 24th March
10am - 12pm
Online: Microsoft Teams

Introduction to Emotional Mindfulness

Wednesday 25th March
2pm - 4pm
To Be Confirmed

Nature for Wellbeing and Recovery

Friday 27th March
10am - 12:30pm
Abbey Park

Being a Carer

Friday 27th March
1:30pm - 3pm
Online: Microsoft Teams

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