



Want to improve your wellbeing?

We provide health-related educational courses for adults **free of charge** in supportive and accessible learning spaces. Through education, people can make sense of their experiences and learn how to take care of themselves.

Join our **free** courses in Tunbridge Wells

Course	Date	Time	Venue
Haiku for Wellbeing	Wed, 14 Jan	10.30am to 12.30pm	Grosvenor & Hilbert Park Hub
Exploring Psychosis	Tues, 20 & 27 Jan and 3 & 10 Feb	10.30am to 12.30pm	Angel Centre, Tonbridge
How to Say No	Wed, 11 & 18 March	10.30am to 12.30pm	Grosvenor & Hilbert Park Hub
Student Connect	Tue, 31 March	10.30am to 12.30pm	Grosvenor & Hilbert Park Hub

To enrol, scan the QR code, or visit:

<https://www.kentmedwaymentalhealth.nhs.uk/about-us/recovery-and-wellbeing-college/>



To book call 07720 152576 or email

kmmh.tunbridgewellsrc@nhs.net



**Kent and Medway
Mental Health**
NHS Trust